

GRAPEVINE

VISITACION VALLEY

SERVING OUR COMMUNITY

MARCH 2009

NUMBER 272

Valley Meets Finalists in Library Artists' Competition



by Betty Parshall

On Saturday morning, February 21, about 30 people gathered at the Clubhouse at Visitacion Valley Playground to meet the three finalists in the artists' competition to be commissioned to provide artwork at the new neighborhood library.

The purpose of this meeting was not only to provide some introduction to the community but also to give the competitors an orientation to the library design and an initial introduction to the neighborhood.

The artists then have six weeks to design proposed work. The proposals will be on display at the library as well as on-line. Residents can view the proposals and then fill out a survey form to register their opinions about each design.

Informational material about the competition and the survey will be sent to the entire community (in English, Chinese and Spanish).

Each competitor spoke about his/her work and showed pictures of previous public art works. Mark Grieve and Ilana Spector work as a team and showed several pictures of works which used recycled materials. Their approach is site specific and they strive to engage people in the process of building the work of art. In working this way they have been able to cross cultural, racial, gender and

age boundaries and generate a shared ownership in the finished piece.

The second competitors also are a team, Fran Martin and Jim Growden. They described their previous work which included studio art as well as public art. Their work in iron can be seen locally at the Greenway gardens. Jim Growden worked at the recycling center and was an early Artist in Residence there, and the couple use recycled materials wherever appropriate. Their approach is to view the totality of the setting when creating the art piece and find additional satisfaction in engaging others in the process.

The third competitor, Johanna Poethig, has created public art works since the 1980s. Her approach is to first explore the community where the piece is to be installed, drawing out community highlights, whether historical, cultural or social, and then design a site-specific artwork. She has sometimes incorporated words in a variety of languages or photos in a piece where they reflect the specific flavor of the site. She has created murals, sculptures, and paintings and multi-media pieces.

You can Google Mark Grieve and Johanna Poethig for pictures. Visit the Greenway gardens to see Jim Growden and Fran Martin's work.

City College Gets Grant for Asian/Pacific Islander Program

City College of San Francisco has received a two-year, \$1.23 million federal grant from the Department of Education to help increase the number of underrepresented college students of Asian American and Pacific Islander (AAPI) background in science, technology, engineering and mathematics (STEM).

The grant specifically targets Asian/Pacific Islanders, but all underrepresented students are eligible to participate. The award to City College of San Francisco is one of only six in the nation.

"The students at City College of San Francisco are our nation's next generation of leaders. With federal grant assistance, the College's newly created Asian/Pacific Islanders Achievement Program will help increase educational opportunities for

students in all areas of study offered by the college and foster a cultural environment that personalizes academic growth," House Speaker Nancy Pelosi said. "Developing these students' learning skills and widening their potential will create tomorrow's innovators and keep America competitive in the global economy."

"I am very pleased that the Department of Education awarded this two-year federal grant to expand the College's capacity to better serve low-income and Asian American and Pacific Islander students," said City College Board President Milton Marks. "The new Asian/Pacific Islander STEM Achievement Program may well serve as a model for colleges around the nation interested in increasing

the number of under-performing and underrepresented students enrolling in science, technology, engineering and mathematics."

"City College of San Francisco is proud of its Asian Pacific American Student Success Program directed by Professor Minh-Hoa Ta. It is as a result of the success of this relatively new program that we have been awarded the federal grant to increase the achievement rates of Asian and Pacific Islander credit students now estimated at 18,000 annually," said Chancellor Don Q. Griffin. "These and other under-prepared students majoring in science, technology, engineering and mathematics will be assured completion of degrees and transfers to four-year colleges and universities," stated Chancellor Griffin.

See Page 3

Further Discussions on Schlage And Sunnydale Redevelopment

by Betty Parshall

The February 14th meeting of the Visitacion Valley Planning Alliance featured presentations about two major developments in Visitacion Valley.

First on the agenda was a Mercy Housing presentation on the redevelopment of Sunnydale. Initial community meetings have been held at the Sunnydale Community Center.

Organizing efforts are now being made to engage residents in the entire Valley to provide full information about the proposed redevelopment, provide answers to their concerns and needs during the entire demolition and construction period, and solicit what they would like to see in the ultimate "new" Sunnydale.

In addition to general community gatherings, Mercy will also work to establish smaller groups of neighbors meeting in homes. Everyone in the 94134 zip code will be receiving notices and updates of meetings and progress in the planning phase.

One concern was raised about reentry of current residents when the new housing is completed. Supervisor Maxwell pointed out that Sunnydale residents will be housed on the site during demolition and construction, then moved back into their new housing in phases, so that "reentry" does not apply.

However, in response to questions raised about the negative behavior of a small but very potent percentage of people now in Sunnydale, Tonya Boykin responded that lessons learned from the Heritage Homes experience

will be applied, working with the Housing Authority to deal with problem individuals.

In addition to new housing, Ms. Boykin also emphasized that Mercy will develop a full range of services in conjunction with current providers to address the needs of residents both during and after this major transition of the neighborhood. (Which, by the way, will probably be about twelve years in the doing.)

Second on the agenda was a UPC (Universal Paragon Corp.) presentation regarding the imminent demolition of the Schlage Lock buildings.

he demolition permit is pending at the Planning Department and will probably be issued within two weeks. Demolition can then commence in March and will take about three months.

Remediation of the soil and ground water can then begin in June or July once the State Department of Toxic Substances Control approves the remediation plan.

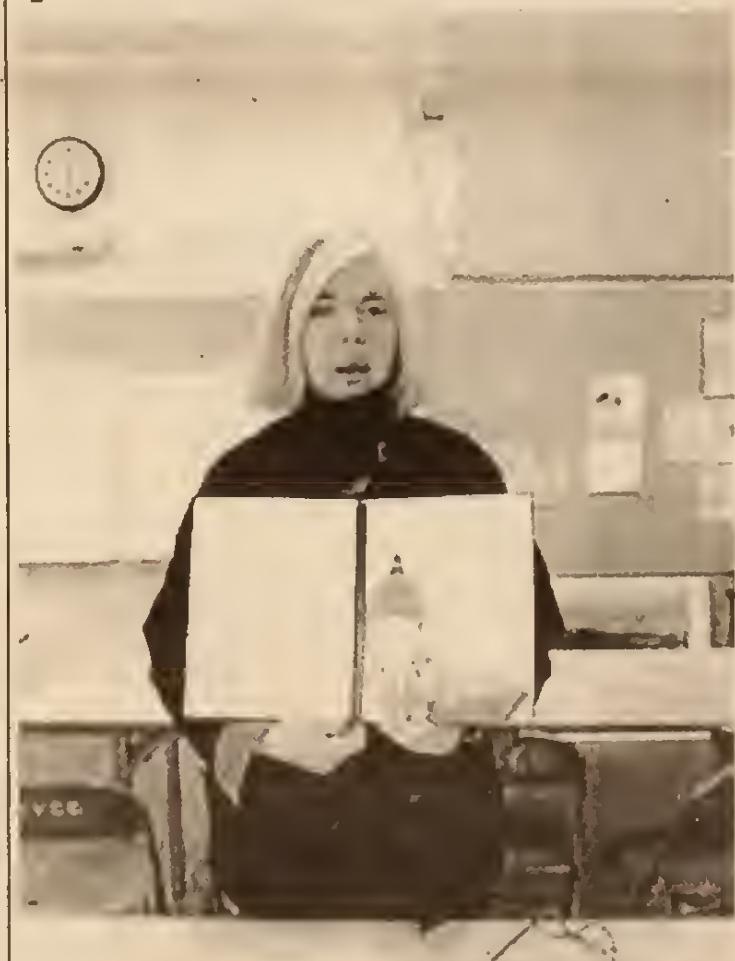
Multilingual monthly updates will be available at several public sites around the Valley: Sunnydale and Visitacion Valley Community Centers, the library, the schools, etc.

For those who would like specific and technical information about the remediation, the Citizens Advisory Committee is considering the formation of a Technical Sub-committee, and you can sign up for this.

Contact Tom Evans at 415-749-2539 or tom.evans@sfgov.org or at

A phone number for concerns about the remediation is sponsored by the firm doing the work: Brownfield Partners, 415-215-2813.

Special Valentine for Planning Alliance



WPA's Fran Martin displays a Certificate of Honor from the Board of Supervisors.

by Betty Parshall

A rather special valentine was delivered to the Visitacion Valley Planning Alliance on Saturday, February 14, delivered by Supervisor Sophie Maxwell.

Her appearance was a surprise to all as she presented a Certificate of Honor issued by the Board of Supervisors to the organization.

The certificate reads "In honor and celebration of your 10th Anniversary; and in recognition for

your commitment to realizing the community vision for a better Visitacion Valley" and was signed by Supervisor Maxwell. Several other supervisors also signed the certificate but aren't listed here since their handwriting emulates those of doctors signing prescriptions.

Fran Martin extended thanks to the Supervisor and to all the residents who have participated in the VVPA during the ten years of the group's activities.

Grapevine Mailbox

Search for New Police Chief

The Police Commission is currently engaged in a search for candidates for the next Chief of the San Francisco Police Department and is about to retain an executive search firm to assist in that effort. The Commission will be conducting a series of special "Town Hall" style community meetings to receive suggestions and comments regarding the Commission's search for Police Chief candidates.

The meetings currently scheduled are as follows:

*Tuesday, March 3, 2009, Visitacion Valley Middle School Auditorium, 450 Raymond Avenue, 6 to 8 p.m.

*Thursday, March 5, 2009, John O'Connell High School Gymnasium, 2355 Folsom Street, 6 to 8 p.m.

Please call (415) 553-1667 if you have any questions.

Lt. Joe Reilly, Secretary
San Francisco Police Commission

The Main Ingredient

Before you read to the end, does anybody know what the main ingredient of WD-40 is?

I had a neighbor who had bought a new pickup. I got up very early one Sunday morning and saw that someone had spray painted red all around the sides of his beige truck (for some unknown reason). I went over, woke him up, and told him the bad news. He was very upset and was trying to figure out what to do, probably nothing until Monday morning since nothing was open.

Another neighbor came out and told him to get his WD-40 and clean it off. It removed the unwanted paint beautifully and did not harm his paint job that was on the truck. I'm impressed! WD-40 who knew?

Water Displacement #40. The product began from a search for a rust preventative solvent and degreaser to protect missile parts. WD-40 was created in 1953 by three technicians at the San Diego Rocket Chemical Company. Its name comes from the project that was to find a 'water displacement' compound. They were successful with the forties formulation, thus WD-40. The Convair Company bought it in bulk to protect their atlas missile parts.

Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you. When you read the "shower door" part. Try it. It's the first thing that has ever cleaned that spotty shower door. If yours is plastic, it works just as well as glass. It's a miracle! Then try it on your stove top ... Viola! It's now shinier than it's ever been. You'll be amazed.

Here are some other uses:

*Protects silver from tarnishing.
*Removes road tar and grime from cars.

*Clears and lubricates guitar strings.

*Gives floors that 'just-wax'd' sheen without making them slippery.

*Keeps flies off cows.

*Restores and cleans chalkboards.

*Removes lipstick stains.

*Loosens stubborn zippers.

*Untangles jewelry chains.

*Removes stains from stainless steel sinks.

*Removes dirt and grime from the barbecue grill.

*Keeps ceramic/terra cotta garden pots from oxidizing.

*Removes tomato stains from clothing.

*Keeps glass shower doors free of water spots.

*Camouflages scratches in ceramic and marble floors.

*Keeps scissors working smoothly.

*Lubricates noisy door hinges on vehicles and doors in homes.

*It removes black scuff marks from the kitchen floor! Use WD-40 for those nasty tar and scuff marks on flooring. It doesn't seem to harm the finish and you won't have to scrub nearly as hard to get them off. Just remember to open some windows if you have a lot of marks.

*Bug guts will eat away the finish on your car if not removed quickly! Use WD-40!

*Gives a children's playground gym slide a shine for a super fast slide.

*Lubricates gear shift and mower deck lever for ease of handling on riding mowers.

*Rids kids rocking chairs and swings of squeaky noises.

*Lubricates tracks in sticking home windows and makes them easier to open.

*Spraying an umbrella stem makes it easier to open and close.

*Restores and cleans padded leather dashboards in vehicles, as well as vinyl bumpers.

*Restores and cleans roof racks on vehicles.

*Lubricates and stops squeaks in electric fans.

*Lubricates wheel sprockets on tricycles, wagons, and bicycles for easy handling.

*Lubricates fan belts on washers and dryers and keeps them running smoothly.

*Keeps rust from forming on saws and saw blades, and other tools.

*Removes splattered grease on stove. (Don't use around a pilot light - WD IS FLAMMABLE!)

*Keeps bathroom mirror from fogging. (OMG - I wouldn't use it on a mirror! It's oily!)

*Lubricates prosthetic limbs.

*Keeps pigeons off the balcony (they hate the smell).

*Removes all traces of duct tape.

*Folks even spray it on their arms, hands, and knees to relieve arthritis pain.

*Florida's favorite use is: 'cleans and removes love bugs from grills and bumpers.'

*The favorite use in the state of New York, WD-40 protects the Statue of Liberty from the elements.

*WD-40 attracts fish. Spray a little on live bait or lures and you will be catching the big one in no time. Also, it's a lot cheaper than the chemical attractants that are made for just that purpose. Keep in mind though, using some chemical laced baits or lures for fishing are not allowed in some states.

*Use it for fire ant bites. It takes the sting away immediately and stops the itch.

*WD-40 is great for removing crayon from walls. Spray on the mark and wipe with a clean rag.

*Also, if you've discovered that your teenage daughter has washed and dried a tube of lipstick with a load of laundry, saturate the lipstick spots with WD-40 and rewash. Presto! The lipstick is gone!

*If you sprayed WD-40 on the distributor cap, it would displace the moisture and allow the car to start. P.S. The basic ingredient is: fish oil.

Teen Movie Night

Dear Visitacion Valley Community:

I want to extend my sincere thanks to all of you who joined us at our Teen Movie Night held at the Visitacion Valley Middle School. You helped make it a wonderful event that was highlighted by fabulous, delicious food and, of course, your participation! Your contributions and support are invaluable and we hope that you enjoyed yourselves. Also, we offer special thanks to everyone who volunteered their time planning for and working at the event. You helped create a very memorable event that was truly a joyous community celebration of our diversity in Visitacion Valley.

Selected Data Profiles (2007-2008) SF Juvenile Offenders

Duplicated count of Juvenile Self Bookings	Block N=514 (males)	Latino N=179 (males)	Asian N=62 (males)	White N=140 (males)	Other N=40 (males)	TOTAL
As a % of total incidents '07 :						
Homicide	6 1.2%		12 2.0%		1 0.7%	8
Burglary	49 7.7%	9 5.0%				63
Weapons Felony	46 67.6%	19 26.8%				71
Top 2-4 Crimes committed within ethnic cohort (M & F), excluding homicides & burglaries:						
	N=745	N=208	N=73	N=177	N=40	
Hobbery	218 22.4%	51 24.5%	15 24.2%		26 53%	326
Assault	109 8.9%	45 25.1%	25 34.2%	121 8.1%	50 12%	205
Narcotics	92 12.7%			120 58%		235
Wrecks/Felony	15 3.0%	19 10.6%	3 4.8%	3 4.8%		71
THEFT						50

Juvenile Demographics 12/31/08 N=111

Ages:	Gender:	Residence:
15-17	M 84 75.2%	Non-SF 74 15%
12-14	F 15 13.5%	SF 10 34%
18+ yrs	F 12 10.8%	Outer Mission 12 14%
Total	111 100%	Inner Mission 11 7%
		Parkside 8 7%

Unduplicated JPD Referrals by Geographical Residence '07 N=2000

Non SF/Unknown	547 27.4%
San Francisco	1453 72.7%

Unduplicated JPD Referrals by Selected Geographical Residence '07 N=1453

Bayview/Hunters Point	94124 55 24.6%
Visitacion Valley/Portola	94134 183 12.6%
Inglewood/East Bay	94112 154 10.5%
Inner Mission	94110 151 10.4%
Western Addition	94115 98 6.7%
South of Market	94103 48 3.3%
Parkside	94116 48 3.3%
Potrero Hill	94107 47 3.2%
TOTAL	1057 75.9%

and I'll try to get some help for it, but first I'll check my e-mail.

A Letter from An Old Friend

Forgive me if I ramble. It's hard to say goodbye. After nearly 80 years of faithful and productive service to your kin folks you suddenly want me gone forever!

Sure, I'm old and a little worn out, but I think I still look pretty darn good for what I've been through. A war, a few earthquakes, and a real depression. Yet I'm still standing. If you gave me the chance, I could have gone on for another 80 years ... or more!

But, no! You want new, clean, and sustainable. What does "sustainable" mean anyway? You want me gone and forgotten. Fine! I'll fight your wrecking crew, I'm not going down without a fight ... but I know I can't win. Too many have forgotten about me, I'm like a ghost. Even though you see me everyday, you look right through me. In the world of digital this and electronic that, there's no room for what I have to offer. You will miss me when I'm gone, I promise you that. Demolishing the past does not erase memories, no matter how hard you try.

I should be happy that you'll break me up into little pieces that will be used to build what ever you're planning to build. Grinded up and recycle as road fill! ... not the way I wanted to end this life.

Before I go, remember this ... if it wasn't for me, most of your precious little homes wouldn't be here. I brought the jobs that paid your grandparents mortgages. I brought in the carpenters and craftsmen, the business people and the church goers.

I'm not mad at you, really ... okay, just a little bit. Mad that you want to forget the good times and dwell on the bad. Most of you weren't even around back then, but believe me, my walls hummed with the sound of industry! I took care of my family and they took care of me.

So I guess its time to say farewell. Don't let the young ones forget about me, you own me that. I hope the future is all that you hope. But take it from a someone that's been around for awhile, the future is never as bright as your dreams. Don't forget me. Name something after me. A park would be nice. At least a plaque, just something. Good Luck. I'll miss you all.

Plant 1, Schlage Lock Campus

Grapevine on the Web

Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com

...from the desk of the VVBOOM newsroom

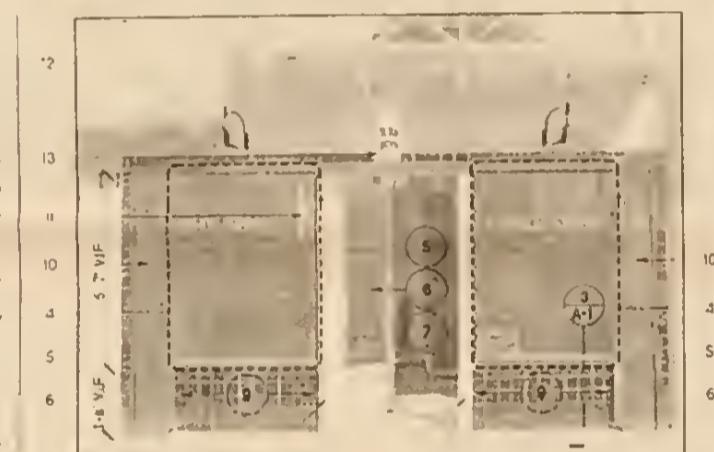
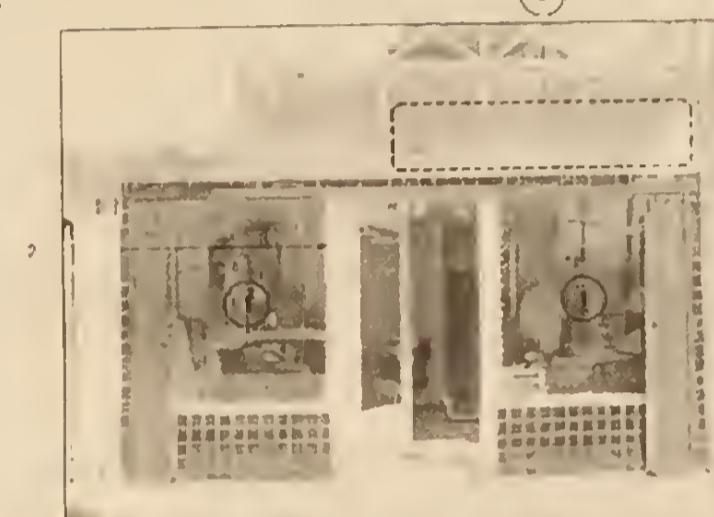
by Nick Wolff

Let's Go Niners! First the stucco came off and then the scaffolding went up. Weeks later the new facade of '49er Cleaners (51 Leland Avenue) is revealed. The amazing face lift is crisp and clean, just like your freshly dry cleaned clothing. Another vital investment to a Leland Avenue business to help the commercial corridor and neighborhood look better. Be sure to stop by and say hello to the friendly owners when you drop off your dry cleaning. We will miss the remains of the old "Jay Vee" signage, but all things must change with the times. '49er Cleaners has been a mainstay on the corner of Street since 1989. They're from 9 a.m. to 6 p.m. and Sat. open Monday through Friday 9 a.m. to 6 p.m.



Nothing's Gonno Stop Us Now. After resolving a technical hitch or hiccup, JB's The Shop is back on track to get some long overdue exterior upgrades. The project is moving along again at full speed after contractors came out to the barber shop (located at 160A Leland Avenue) in mid-February to bid on the facade work. The general scope of the work involves: structural storefront improvements, new exterior lighting, eye-catching new graphic decals on the door and windows as well as a bona fide barber pole. The project is being completed as part of the City's SF Shines façade improvement program, which invests in commercial corridors like Leland Avenue through grants, design services and project management. If you'd like more information on SF Shines, contact Nick Wolff @ 415/585.2338 or nwolff@vvboom.org. Look for JB's new exterior to be on display in approximately six to eight weeks. JB's The Shop specializes in haircuts and fades. Call 415/239.6709 to schedule an appointment.

Art as an Economic Driver. Studies have shown that cultural production in the form of art can be a catalyst for neighborhood economic revitalization. This was a key underlying principle behind the desire to create a 'Community Mural' on the Alpha Street side of the Nayarit Taqueria (98 Leland Avenue). When VVBOOM was awarded a Community Challenge Grant at the 2008 Neighborhood Empowerment Network (NEN) awards last November, the desire became



a genuine opportunity. Now Arts Commission's Public Art four months later — as master muralist Dana Irving and fellow artist (and Bays and Girls Club Art and Technical Director) DanAnh Nguyen finalize the initial design for review, downtown Vis Valley pedestrians are that much closer to enjoying the aesthetic beauty of a symbolic public art piece. Once the initial design is approved by the San Francisco

Design Process in early April, wall preparation will immediately begin. From there, DanAnh will engage Boys and Girls Club youth in a four-part mural creation workshop. Paint is expected to hit the wall in early to mid May, with the finished 'Community Mural' grand unveiled at... you guessed it, the 4th Annual Leland Avenue Street Fair.

Free Saturday Classes in March at Garden for the Environment

The following free Saturday classes will be offered in from 10 a.m. to 12 noon at Garden for the Environment, San Francisco's organic demonstration garden at 7th Avenue and Lawton Street. Since its founding in 1990, the garden has operated as a demonstration site for small-scale urban ecological food production, organic gardening, compost education and low water-use landscaping. To pre-register, please call (415) 731-5627, or email info@gardenfortheenvironment.org.

*Mar. 7: *Urban Composting* - Jump-start your spring garden with some

homemade compost. Aside from giving veggies and flowers a healthy start, composting encourages beneficial organisms in the soil and can help break the life cycle of plant pests and disease. Join Garden For the Environment for this fun, hands-on class teaching methods for backyard and worm composting. Come learn what you can do to improve your garden without chemical fertilizers or pesticides and prevent organic waste from ending up in the landfill! Rot On!

*Mar. 14: *Introduction to Organic Garden Design* - Learn how to grow a healthy and beautiful garden that minimizes the impacts on the environment. From building a healthy soil with compost to selecting beautiful plantings appropriate for the Bay Areas climate, this workshop will give you the basics to implement sustainable gardening practices.

*Mar. 21: *Introduction to Organic Garden Watering* - Water is vital to garden health. But, when is enough, enough? Join us to learn earth-friendly ways to water the garden and the most efficient practices for the Bay Areas Mediterranean climate.

to a successful organic garden. Join us to learn about natural maintenance practices that will keep your garden beautiful and your labor to a minimum.

*Mar. 21: *Introduction to Organic Garden Watering* - Water is vital to garden health. But, when is enough, enough? Join us to learn earth-friendly ways to water the garden and the most efficient practices for the Bay Areas Mediterranean climate.

*Apr. 4: *Urban Composting* - Jump-start your spring garden with some homemade compost. Aside from giving veggies and flowers a healthy start, composting encourages beneficial organisms in the soil and can help break the life cycle of plant pests and disease. Join Garden For the Environment for this fun, hands-on class teaching methods for backyard and worm composting. Come learn what you can do to improve your garden without chemical fertilizers or pesticides and prevent organic waste from ending up in the landfill! Rot On!

Community Day At Herz Playground

Please join in for a fun-filled day as we celebrate the eleventh annual Ruth Jackson, Family, Friends and Community Day hosted by Ruth Jackson and Family, Saturday, Mar. 14 from 10 a.m. to 4 p.m. at Herz Playground, Hahn Street at Visitacion Avenue. RSVP to (415) 239-4605.

Annual Dinner at Vis Valley Clubhouse



Families filled the Visitation Valley Clubhouse on Feb. 20 for the Annual Dinner.

by Katherine Williams

On February 20, the Visitacion Valley clubhouse held the annual dinner to celebrate the Lunar New Year. Families filled the clubhouse and there was lots of wonderful food for everyone.

The annual event brings people of all ages, tiny-tots to adults, who use the clubhouse together for a meal. Elizabeth Sacha and Junior Tuala, the clubhouse directors, did a great job of preparing a wonderful spread of potatoes, chicken, fried rice, noodles and vegetables and lots of desserts. Everyone left with a full stomach.

The SF Recreation and Parks department runs the clubhouse and other parks in Vis Valley including Hertz Playground and maintains parks around the neighborhood.

You may not know that because of budget cuts, the staff time at our playgrounds could be greatly reduced. Please help keep the wonderful staff at our playgrounds by contacting our Supervisor and the Rec and Park Commission. Urge them to keep funds for park staff instead of shifting those funds to private organizations.

City College Grant For Asian/Pacific Islander Program

From Page 1

"This is the first grant ever for Asian serving institutions," says Minh-Hoa Ta, who will also head the Asian/Pacific Islander STEM Achievement Program. She notes that although "Asian Americans students are viewed as math and science gurus — in fact many are placed in basic skill math and science classes." Ta states that the grant will "stimulate interest that math and science can be fun and interesting and lead to many job opportunities."

Recruiting of underrepresented students will include City College retention programs targeted to Asian Americans/Pacific Islanders (Asian Pacific American Student

Success — APASS), African Americans (African American Scholastic Programs — AASP) and Hispanics (Latino Services Network — LSN). Funds will pay for (expanding sections of impacted Chemistry, Biology and Math classes.) and support services including counseling and tutoring as well as for faculty to administer the STEM Center.

The overall goal is to encourage more students to develop interest in the STEM careers.

This would be accomplished by increasing enrollment in STEM degree programs by 20 percent; improving pass rates in STEM degree programs by 15 percent, increasing the transfer rate by 10 percent and reducing time to program completion and transfer to a four-year university through changes to instruction and curriculum.

Eldorado Elementary School Happenings

Celebrating Diversity And Hope

by Jennifer Moless and Lori Fetzer

Traditionally, February is considered Black History Month. With a large population of African Americans on campus at El Dorado, we, of course, do not wait for February to celebrate and honor that culture and ancestry. However, the community did

come together to acknowledge the achievements of civic and social leaders from the African American community as well as representatives from our own campus who have excelled academically.

We celebrated with music and poetry and other readings. Marisa Martinez, our VAPA coordinator, reached out to her fellow musician Eric McFadden and, for the second consecutive year, he visited El Dorado. In addition to performing he spoke of the rich Black influence in modern American music. Students, staff and parents

were moved to MOVE and enjoyed a full set played by Eric McFadden and his band. Another aspect of our celebration was a reflection on our community's place in a social justice movement led by Jibraan Lee, Site Support Substitute and Master of Ceremonies for this event. Mr. Lee also invited students to read excerpts from Barack Obama's victory speech. Some of our students,

who were being honored for their academic achievement (see related article "Students Honored"), had an opportunity to act as elders for their younger peers. These fourth and fifth grade students read poetry highlighting our community's values. Following their lead, teachers brought this poetry back to the classroom for closer study.

Students Honored

by Lori Fetzer

On February 11, the San Francisco Alliance of Black School Educators, an organization dedicated to the achievement and support of K-12 African American students in SFSUD, sponsored an Academic Pin and Candlelight Ceremony. Several El Dorado students were honored at this event: Destinee Singleton, Isaiah Johnson, Lashirah Banks, Malik Boykin and Emani Williams.

Destinee, a third grader, attended the event accompanied by her parents and her sister. She said she felt happy and excited as she listened to people talk about Martin Luther King and Barack Obama and make other speeches. Her favorite part was the medal she received. Her teacher, Ms. O'Rourke, was most inspired and impressed by students who spoke. She especially noted a young girl who recited the essay she had written that won the MLK speech contest.

McLaren Park News and Notes

by Betty Parshall

Quick Results! Amenity Available at Amphitheater

In last month's column, we reported on certain requests made to our Park District Manager James Threat, and we're glad to report that within a week the restrooms at the Amphitheater were opened and continue to be so on a daily basis. As long as no serious vandalism is found, this welcome addition to usable park facilities will continue. We also note that the restrooms at Yosemite Marsh are also open. Thank you, Mr. Threat!

For the Birders

We continue to see a few winter visitors at McNabb Lake and the reservoir (see last month's column) so I decided to share a couple of other items that may interest those who love to bird-watch. On Saturday, February 7th, a friend and I joined a free birding tour at Heron's Head Park. The park is located at the very end of Cargo Street (head north on Third Street, turn right on Cargo). Beyond the parking lot (free) at the end of Cargo is an area of restored wetlands. Our tour guides, Lowell High School interns, were equipped with scopes for close-up views and ready to identify the great variety of birds found there. This is a particularly good time of year since there are several migratory birds settled in for a visit. Our list totaled thirty, and we may even have missed a few.

Free tours will be given again on Saturday, March 7th, running continuously from 10 to 11:30 a.m. Of course you can go there anytime on your own, it's easy walking and there are informative signs along the way.

Urban Wildness on Display at the S.F. Main Library

Some months ago, I happened to stop and chat with a woman who was photographing a Great Blue Heron that was perched in a tree above the reservoir (Shelley Lake). She described her efforts all over the city to capture images of wildlife in San Francisco, so, fortuitously, I was able to say, "I know where there's an owl."

Off we went to the eucalyptus grove above the amphitheater, and she was able to take several shots of the Great Horned Owl perched there. Janet Kessler now has a marvelous exhibit showing at the San Francisco Main Library, and our McLaren Park owl is one of the pictures on display. The variety of bird and animal life depicted is truly impressive, and I marvel at the dedication and patience it takes to capture these images.

The photo exhibit is titled "Celebrating Our Urban Wildness in San Francisco" and will be on the fifth floor of the Main Library through May 28. As I said elsewhere, the picture of the skunk alone is worth the trip. Janet kindly gave me permission to include one of her owl photos in The Grapevine



Saving JROTC in S.F.

by Assemblywoman Fiona Ma

All they are asking for is a choice.

The Junior Reserve Officer Training Corps (JROTC) has been in the San Francisco Unified School District (SFUSD) for over 90 years and has made a difference in the lives of many, providing a safe environment for students, teaching them leadership skills and discipline necessary for future success not just as students, but also as future parents and community leaders.

The program is inclusive and supportive of all students, including openly gay, bisexual and transgender student participants and cadet staff. The program does not allow for military recruitment in our schools. What I have seen is the great camaraderie amongst the students, teachers, parents and administrators. What I have seen is the great diversity of the cadets, 90 percent of whom come from minority communities and 88 percent of whom are women. What I have seen is that over 90 percent of JROTC participants go on to pursue higher education, while less than 3 percent join the armed forces. Those are hard numbers that, as a CPA, I cannot ignore. Allowing JROTC as an option for students to achieve physical education credit just makes sense.

Like many of you, I feel like we have been discussing JROTC for years. The issue has been in front of the School Board, yet often in San Francisco the voters are asked to

With a new Legislative session come new committee assignments

make a final decision on various issues of significance to our community.

When the voters overwhelmingly passed Proposition V this past November with 55 percent of the vote, I had the utmost confidence that the School Board would follow suit in reinstating this clearly popular program as an option in our schools.

If the program is not restored by June, we cannot be certain that the funding will ever return.

With a lack of action from the School Board since November, and the June programmatic deadline quickly approaching, I felt the need to act.

Two weeks ago I proposed Assembly Bill 223, which would require the San Francisco School Board to provide JROTC as an option that meets the Physical Education graduation requirement.

Some will criticize my legislation as circumventing local control, yet I disagree. As elected officials, it can be easy to forget that we work for the voters.

My bosses are the people of the 12th Assembly district, many of whom are parents and homeowners that strongly support this program. In November, I believe the people of San Francisco spoke loudly, and it is my responsibility as a public servant to protect the program that they so clearly supported.

March 20th is National Agriculture Day

California is the bread — and fruit, veggie, cheese and nut — basket for the nation.

With a new Legislative session come new committee assignments

and this year I will serve as a member of the Agriculture Committee. March 20th is National Agriculture Day, a day set aside to honor the men and women of agriculture and to help promote a better understanding of America's agriculture industry.

California has been the number-one agricultural state in the nation for over 70 years and is considered the most diversified agrarian economy in the world. Over 350 food items are produced in California and they feed countless millions throughout the United States and the world.

For example, California accounts for 46 percent of the U.S. fruit and nut production and 63 percent of the national value of fruit and nut crops. California continues to be the nation's leading fresh vegetable producing state. And, of course, California has been the nation's leading dairy state since the early 1990s.

California's 88,000 farmers also lead the world in food-safety technology; their efforts help to ensure that our food is safe to eat. California's agriculture industry contributes approximately \$30 billion to the state's economy and is responsible for one in every 12 jobs. From only three percent of the nation's farmland, California agriculture supplies more than half of America's total supply of fruits, vegetables and nuts. And California has risen over Wisconsin as the number one producer of cheese and dairy products in the world.

Visitacion Valley History Project

by Betty Parshall

Eichler and the Towers

A couple of months ago, there were a few postings on the Valley Eye message board about Eichler and the Towers, so here's a very abbreviated history about the development.

In May, 1952, several dozen neighbors gathered at the Delta and Wilde Avenue intersection to celebrate the groundbreaking for a new school. El Dorado was first built as a "home school" for kindergarten through third grade students. Later, the school was enlarged to serve as an elementary school through the fifth grade.

Back in the 1950s and early 1960s, the school's community room was used for the meetings of the now long-gone Reis and Paul Tract Improvement Association. At one memorable meeting, there were two items on the agenda. Of paramount importance to the Association was the School District's proposal to sell a piece of land on a nearby hillside to the Recreation and Parks Department as an addition to McLaren Park. The District did not see any foreseeable use for the property. The Association, which had lobbied to get El Dorado built, protested that the neighborhood school population was on the rise and insisted that the land be preserved for future school needs. That site is where Visitacion Valley Middle School now stands.

The second item on the agenda received only cursory attention. Eichler Development Corporation representatives had some attractive drawings of a proposed apartment building development on land at Sunnydale Avenue and Schwerin Street. Depicted were four eight-story apartment buildings. No one raised serious objections and, few questions were asked. The neighbors present were intent on following and fighting for the school land issue.

The developer's plans went through a couple of variances and no neighborhood watchdog was on alert. Approval for two 18-story towers went through. Neighbors of the surrounding low-rise single-family homes were upset, but nothing could be done to prevent the construction. According to an Eichler website, the 573 apartments were originally intended as affordable housing for "working class professionals."

Eichler also built the brick townhouses, dubbed Geneva Terrace, next door to the towers. An ad found in the SF Chronicle dated May 1, 1964 shows a chauffeur standing at attention next to a limousine in front of one of the homes. The banner reads "\$65,000 Town House: Special Today, \$28,950." The ad goes on to tout the rolling green hills that lie right outside the window, no wiring to mar the view, and the broad green lawns and a swimming pool for the kids to play in.

By the late 1960s, Eichler had declared bankruptcy on the Towers and the federal Department of Urban Housing and Development took over the property. (I later learned that this bankruptcy procedure was common across the country by developers; after seven or eight years, the tax benefits from high-rise apartment buildings diminished. HUD took over many such buildings.) The Towers management company was short on service and conditions gradually deteriorated. In the '70s, a neighborhood activist group helped tenants organize the Geneva Towers Tenants Association (the towers being renamed with Eichler's departure) and the Association negotiated with management and won some improvements. One very significant victory was the establishment of a recreation director position that was filled for many years by Vernon Long. (The activist group, All Peoples' Coalition, also negotiated the establishment of the Kellogg-Velasco Park.) But as the years went on, conditions in the Towers worsened. Finally the buildings came down in a spectacular implosion event a little over ten years ago and today the Heritage Homes neighborhood stands in their place.

You can add your stories to the neighborhood history. Send them to the Grapevine visvalley@earthlink.net

Events in March at Valley Branch Library

Following are events in March p.m.. Space is limited; call (415) at the Visitacion Valley Branch 355-2881 for reservations.

Library, 45 Leland Ave.: *Mar. 18, Wednesday: Teen Tech Week Text-A-Thon from 4 to 5

day: Toddler Tales with stories, p.m. Think you've got the fast songs and rhymes for ages 1-1/2 to 3 and their accompanying caregivers at 11:30 a.m.

*Mar. 3, 10, 17, 24 and 31, Tuesdays: Preschool Storytime for ages 3-5 at 10:30 a.m.

*Mar. 3, Tuesday: Puppet Art Theater presents Tale of the Dragon's Tail for ages 5-12 at 1 or aharwood@sfppl.org.

Visitacion Valley Open Space Workshop

Saturday, February 28th

10 a.m. to 12 noon

Visitacion Valley Community Center

66 Raymond Ave.

Hosted by the Visitacion Valley Greenway Project

For more information check out: www.openspacesf.org

For general inquiries or comments email:

susan.exline@sfgov.org

For questions about the outreach or how to get involved

email: mkritzman@sfnpc.org

Don't miss this opportunity to help shape the future of open space in San Francisco!

Meeting the Open Space Challenges of the Future
We are soliciting your participation and opinions
about the future of open space in San Francisco.

Help us create an Open Space Framework to achieve
San Francisco's goal of a comprehensive open space
network, by joining us to think about Citywide needs,
as well as the open space needs in your neighborhood.

Child Care Center in Your Neighborhood



Serving the Needs of Children 2 to 5 Years

Breakfast, Lunch and Snacks Served Daily

Potty Training

Quality Teachers with Years of Experience

Applications Are Now Being Accepted!

Come and Hear About the Exciting
Learning Opportunities for Your Child!

1st Place to Start
1252 Sunnydale Ave.
San Francisco
(415) 333-2659

For More Information, Please Contact
Sandra Davis, Executive Director at (415) 333-2659

結合傳統的銷售和現代的科技

讓佩麗和安娜成為你買賣物業的合作伙伴

我們的承諾：

- 你將會接到我們親自回答電話的服務而不是電話留言或他人作答
- 網上查詢將會得到即日答覆
- 會在允許的時間內給你答案
- 介紹有關專業人士如工程師、會計師、律師為你提供 15 分鐘的免費諮詢
- 我們電腦的自動化系統將會自動提供最新房地產資料，還有太多(不勝枚舉)

佩麗是訪客區居民，她會為你的房屋視如自己的一樣保衛它的價值。加上安娜的現代全球化市場推廣技術，定能帶來最高的市價。

佩麗能講流利中文(廣東話、國語、上海話)

安娜能講印尼話

MERGE TRADITIONAL MARKETING SKILLS WITH UP-TO-DATE COMPUTERIZED SYSTEMS

Partner with Justyna "Tina" and Anna for all your real estate needs and you will get:

- *Traditional, warm personal care with either Tina or Anna answering your phone calls directly - not voice mail; not another representative.
- *Answer all your email inquiries within the same day.
- *Get you the answers within the promised approximate time.
- *Provide you with FREE 15-minute consultants by referring to appropriate professionals that you need, such as contractors, accountants, real estate attorneys, etc.
- *Enroll you in their free market update system on the particular housing market of your interest.
- *And more (too long to list)

Justyna is a local resident who lives in Visitacion Valley. She would guard your house value as much as treating it as her own. Together with Anna's updated computerized marketing system, they can get you buyers from around the whole world.

Justyna speaks fluent Chinese (Cantonese, Mandarin and Shanghaisese). Anna speaks fluent Indonesian.

Anna Gandamana
Realtor
Cell: 415-412-9141
E: anna@annasf.com
www.annasf.com



Justyna To "Tina"
Realtor
Cell: 415-830-1235
E: justynato@sbcglobal.net
www.justynato.com

100%
Listing
Sold
Rate



**COLDWELL
BANKER**
PENINSULA

Joe Leland

around the neighborhood

***Renew for You:** Universal Paragon Corporation (UPC), the owners of the Schlage Lock site, created a new website that is loaded with useful information about the past, present, and future of the site. Check out www.RenewVisValley.com. Nice clean layout and up-to-date information. Two thumbs up.

***Shillelagh and Greenbacks:** In 1991, Congress enacted Public Law 101-418, designating March as Irish-American Heritage Month. Irish-American Heritage Month grew out of annual St. Patrick's Day celebrations. Lore suggests that St. Patrick's claim to fame was ridding Ireland of deadly snakes simple by shaking his mighty shillelagh (how often do you use "shillelagh" in a sentence?). In truth he is honored for introducing Christianity to Ireland in the fifth century. The world's first St. Patrick's Day parade was held on March 17, 1762, in New York City. San Francisco will hold its 158th annual St. Patrick's Day parade on March 14th. To honor the Irish of Visitacion Valley, the Grapevine encourages all readers to reach into their wallets, pockets, and purses and pull out a few GREENbacks to spend freely around the community.

***CarShare/Zipcar Ignores VV?** Why are there no car sharing services in Vis Valley (or anywhere else in the South East sector)? Neither CarShare or ZipCar have "pods" that allows the users of the car sharing service to conveniently rent a vehicle only when needed. It has been proven that the car sharing model reduces car ownership in other neighborhoods. Fewer cars equal more parking spaces. More parking makes happier neighbors. Don't we deserve to be happy? Would not the Bank of America parking lot on Leland or a spot near the Caltrain station work as a car share pod? Any other ideas or locations??? Try calling each company and repeatedly asking why they have forsaken us. CarShare (415) 995-8588. Zipcar 1-866-4ZIPCAR (1-866-494-7227).

***SFSU on the Case:** Many ideas have been proposed over the years regarding the future transformation of the Old Schlage Lock Office Building (The Old S.L.O.B.). Some ideas have been very practical, but lacked imagination while others have been wildly imaginative, but patently impractical. The community will weigh in on this issue in the near future, but first we need hard facts about the variety of services already in the community. In preparation for these forthcoming discussions, Universal Paragon Corporation and the SF Redevelopment Agency will be working with three Urban Studies students from SFSU on a project that will help inform the community as we move toward a reuse plan. The students will spend the current semester researching our community based organizations with the goal of cataloging the services they provide. This information will help to identify holes in the community services net and possibly spotlight how best The Old S.L.O.B. can be used in the near future.

***Oxymorons:** Because most people misuse the word "sustainability," please read the following Wikipedia excerpt and make the effort to correct those that are Oxymoronic: In 1989, the United Nations Brundtland Commission articulated what has now become a widely accepted definition of sustainability: "to meet the needs of the present without compromising the ability of future generations to meet their own needs." The idea of sustainable development is sometimes viewed as an oxymoron because development inevitably depletes and degrades the environment. Consequently, some definitions either avoid the word "development" and use the term "sustainability" exclusively, or emphasize the environmental component, as in "environmentally sustainable development."

***Zen Saying of the Month:** "The best leaders of all, the people know not they exist. They turn to each other and say, we did it ourselves."

Free Low Income Tax Help in Valley

Once again, free tax help is available at locations in Visitacion Valley if household income was less than \$45,000. Locations, days and times are:

*Asian Pacific American Community Center, 2442 Bayshore Blvd. at Leland Avenue, Sundays through Mar. 29, 9:30 a.m. to 2:30 p.m.

*Burton High School, 400 Mansell St., Monday and Wednes-

day through Mar. 25 from 4 to 7 p.m., Saturday, Mar. 7 and Mar. 21 from 10 a.m. to 2 p.m.

Visitacion Valley Beacon Center, 450 Raymond Ave. (Visitacion Valley Middle School, Room 101) Monday-Friday through Apr. 14 from 4 to 8 p.m. (Closed: Mar. 30, Apr. 6 and Apr. 10)

Call 211 for more information and other sites.

Lunar New Year and Black History at VVES



Ms. Sin's 2nd grade girls performing a Ribbon Dance.



Ms. Sin's 2nd grade boys performing a Lion Dance.



Ms. Richardson's 1st grade class painted this portrait of Dr. Martin Luther King, Jr.



Ms. Williams Kindergarten class recited the poem "My People" by Langston Hughes.

Book Review

13 Is the New 18

Author Beth Harpaz pens a hilarious book about raising teenagers entitled *13 is the New 18* (Crown, \$23.95). This work is a must-read for parents who are driving them insane.

Beth Harpaz figures there'll be no Generation Gap when her kids become teenagers. After all, she grew up in the '60s and '70s. She's seen everything! But when her son has a bar mitzvah and turns 13, suddenly her life goes from hosting pizza parties for 12-year-olds to monitoring the MySpace page where he claims he's 22 (even though his photo shows him standing next to Bugs Bunny at Six Flags).

She joins Facebook to spy on him, but he refuses to friend her. (No matter, she finds hundreds of friends of her own and ends up addicted to it.) She remembers being teased about her "highwater" pants as a kid, but she just can't accept her son's argument that without \$100 sneakers, he might be bullied for having uncool shoes. As she tries to decipher lyrics to rap songs and text messages with mysterious codes like NM JC, she starts wondering if she's failed as a mother, or if all of this is just a normal part of growing up in the 21st century.

When she finds some scary secrets in her son's room and starts getting calls from school about his behavior, she's afraid to ask the Perfect Mommies she knows for advice, so she turns to a variety of unconventional sources: the Sopranos, Erma Bombeck, and most of all, Google, her guru and oracle. By the time her son turns 14, he's grown out of a lot of the things that worried her — and she's learned a lot about raising teenagers.

Harpaz is the travel editor for The Associated Press. She is also the author of *The Girls in the Van*, an account of Hillary Clinton's first Senate campaign, which Harpaz covered for the AP; and *Finding Annie Farrell*, about a family in Maine during the Great Depression.

Cooking Corner

Polka Dot Twisters

1½ cups all-purpose baking mix, ½ cup milk; ¾ cup Sun-Maid Natural Raisins; All-purpose flour, as needed to roll Twisters; 1 egg, beaten; 1 tablespoon granulated sugar; 1 teaspoon cinnamon

Preheat oven to 425°F. Line a cookie sheet with foil or parchment paper, or spray with cooking spray.

In medium bowl, stir baking mix, milk and raisins for 1-2 minutes until a soft dough forms. Dough becomes less sticky as it is stirred. Pat dough onto well-floured surface, and with floured hands, shape into a ball, using extra flour as needed to keep from sticking.

Divide dough into 6 equal pieces. Roll each piece into a rope 12 inches long. Fold each rope in half and gently twist together.

Place on prepared cookie sheet. Brush top of each Twister with a thin layer of beaten egg using pastry brush. Mix together sugar and cinnamon and sprinkle about ½ teaspoon over each.

Bake for 15 minutes or until light golden brown. Remove Twisters to a cooling rack. Serve warm. Makes 6.

NAPS

Crossword Puzzle Solution

LOG	WAAC	APOD
ABA	HEMA	NERA
TTT	ITEA	KNOB
CATAN	MALE	
FETE	BELLE	
MOHR	URAL	OEC
ALT	TRACE	PAH
HOT	ANST	PEDO
ARIHAT	EDEL	
ECUA	LYDTA	
BARRE	MADE	ARN
ASTR	ODIN	RAG
SNOB	NAGA	TEL

JOHN W. KING SENIOR CENTER

500 Raymond Ave. San Francisco, CA 94134

Phone: 415.239.6233 Fax: 415.239.2262

Nutritional hot lunches served Monday-Friday from 12 to 1 p.m. for only \$1.50.

Seniors and non-seniors welcomed.

The Senior Center has many amenities, including our spacious outdoor courtyard. We offer social activities designed to keep seniors active and information designed to keep them informed.

Para transit Service

Arts & Crafts

Bingo

Computer Center

Weekly Strength & Tone Classes

Chair Dancing

Yoga

Exercise Center

USDA SUPPLEMENTAL FOOD DISTRIBUTION SITE

Weekly food bags and Monthly food boxes

Church of the Visitacion

Roman Catholic (1907)

Over a Century in Visitacion Valley

Daily Masses (Mon-Fri) 7 a.m. & 5:30 p.m.

Saturday Masses 7:30 a.m. & 5 p.m.

Sunday Masses 8 & 9:30 a.m. (11 a.m. Spanish) 12:30 & 5 p.m.

Our Lady of Visitacion School Grades K-8 239-7840

Religious Education: Grades K-8 (Saturday only) 239-6723

Come, Let us worship together!

655 Sunnydale Avenue
San Francisco, CA 94134-2838
(415) 239-5950

Rev. Rafael de Avila y Romero, Administrator Pro Tem

Rev. Thuan V. Hoang, Parochial Vicar

Paving the Way for Healthier Highways

by Paul Yarossi

More than 46,000 miles of road compose our nation's highway system. They are crumbling. They've been neglected too long, maintained not with vision and foresight but, instead, with short-term fixes. The average American now spends nearly the equivalent of a week each year stuck in traffic. A lack of infrastructure investment is affecting our quality of life, our environment, our economic competitiveness and safety.

The time for change is now.

Perhaps nothing that happens in the Barack Obama presidency will be more important to the American transportation system than creating a vision for the future.

That opportunity comes this fall, when President Obama and Congress can reinvent how the U.S. transportation system is planned, prioritized and funded with the reauthorization of federal transportation funding.

The plan must be visionary and bold, and it must answer three basic questions:

*What is the federal government's role?

*How do we prioritize a long-term plan?

*How do we pay for it?

Already, the U.S. Department of Transportation estimates the annual cost of simply maintaining our current highway system is 12 percent more than the government is actually spending. The current administration cannot afford to limit its role in transportation policy but, instead, must prioritize interstate commerce and national security.

It must develop a long-term vi-

sion, with multimodal infrastructure investments that go beyond the highway system and stretch our imaginations: an increased load of freight rail to minimize highway congestion, a national system of Critical Commerce Corridors as proposed by ARTBA that moves truck freight safely while separating it from passenger traffic, eco-friendly transit lines that ease congestion.

It's time to get creative, to reinvent our transportation system and adopt groundbreaking concepts that are part of a strategic approach framed at the federal level. Recent stimulus funding should not be confused, or substituted, for reauthorization and long-term solutions.

Discussions about funding mechanisms must be inventive—and plentiful. Potential sources could include the following:

Increase the gas tax and tie it to inflation. Create state infrastructure banks. Replace or supplement the gas tax with user fees, which would be tied to vehicle miles traveled, and tolls. Allow public-private partnerships where they make sense.

The possibilities are limited only by the imagination. The challenge is here, the time is now.

To let your elected officials know your opinion on this or other issues, contact them at www.house.gov or www.senate.gov.

Paul Yarossi is president of HNTB Holdings Ltd and co-chairs the SAFETEA-LU Reauthorization Task Force on behalf of the American Road and Transportation Builders Association (ARTBA) in Washington, D.C. **NAPS**

Green Ways to Power Country and Economy

As the Obama administration calls for cutting 80 percent of U.S. greenhouse emissions by 2050, a number of experts say the question has shifted from "why nuclear power" to "when."

Nuclear plants are the biggest providers of energy that don't produce any greenhouse gases. And as the arguments for nuclear energy—its outstanding safety record, environmental advantages, affordability and reliability—continue to grow, policy makers are eyeing nuclear for an additional benefit: It could power the economy.

In 2008, the nuclear industry estimated that it created 9,000 new jobs from construction and parts manufacturing to plant workers. And since President Obama called for a \$150 billion, 10-year effort to help build a "clean-energy" future, 17 applicants have sought government approval to build 26 new nuclear plants.

Nuclear proponents are further encouraged by the appointment of Steven Chu to head the Department of Energy. Chu, a Nobel Prize-winning physicist, has expressed a commitment to the construction of new nuclear power plants and supports accelerating a government loan program to help speed the efforts.

Just as important, Chu is in favor of finding new ways to process and safely handle spent nuclear fuel. "I think [nuclear fuel] recycling can be part of the solution," he told the Senate Committee on Energy and Natural Resources. "This is a research problem."

Current U.S. solutions for nuclear-waste disposal involve "dry-cask storage," a method where waste is sealed in high-tech containers kept at nuclear plants. Other countries such as Japan and France reuse spent nuclear fuel. France gets almost 80 percent of its electricity from nuclear energy. Nuclear power produces about one-fifth of U.S. electricity.

Clean Supply, Growing Demand

The U.S. Department of Energy estimates that demand for electricity will increase 50 percent over the next 20 years. America will need to build between 1,300 and 1,900 new power plants by

Vis Valley's Multicultural Event a Hit

by Betty Parshall

Close to a hundred people gathered at Visitacion Valley Middle School to celebrate the diversity of the school and the neighborhood with entertainment and a buffet of a great variety of ethnic food.

This reporter arrived a bit late and was only able to admire a young lady's rap, followed by a fine performance by the Village Dancers. The crowd then dispersed to the second floor hall for food, socializing, music and games.

The SB Gurlz provided a lot of fun with challenging games, face painting and sales of stickers, tattoos and cookies. This after school group gets together at the Beacon Center in the school for dancing, volleyball, and doing hair and nails. They also have workshops on a wide range of subjects; one of the most recent was on conflict resolution. The money they earn with their games and sale items will take them to a movie on the next minimum day. And what does SB stand for? A favorite cartoon character, SpongeBob.

The evening culminated with a free raffle and more socializing and music, a good time had by all.



There was plenty to see and do and lots of good food as neighbors celebrated the diversity of Multicultural Day 2009 held Feb. 14 at Visitacion Valley Middle School.

Change in UC Eligibility Requirements Might Not be a Good Idea

by State Senator Leland Yee

As a graduate from UC Berkeley, I've always viewed California's University system with a sense of pride. For decades, they have consistently ranked among the top schools in the country, and stand as a symbol of what government can achieve. One of the reasons that I hold the UC system in such high esteem is that its student body is as vibrant and diverse as the state of California itself. If you go to any UC campus, you will see people of all races and ethnicities, learning together, studying together, and preparing to take the reins of leadership from the generation before them. It is for this reason that I am concerned with a recent decision made by the Board of Regents to change their eligibility requirements, as they may prove to be a step backwards in providing equal access to higher education to all Californians.

The change itself is multi-faceted, so I will address its components.

Two SAT Subject tests will no longer be required, in favor of the ACT or SAT Reasoning tests. Of the 15 required courses UC students must pass in order to qualify for admission, 11 of them must be completed by the end of a student's junior year. The percentage of students guaranteed entry due to their class rank will increase from 4 to 9 percent, while there will be an overall drop in the amount of students guaranteed admission.

My primary concern here is regarding the SAT tests. SAT Subject tests have been an effective means for students who lag behind in English language skills to make up lost ground. A math test looks just about the same in any language, allowing students who have not yet mastered English to demonstrate their understanding and capability in other fields. Confronted with analogies, these students will be held back. The API legislative caucus estimates these changes will decrease the amount of Asian Pacific Is-

landers in the eligibility pool from 32.6 to 25.2 percent. This estimate is backed up by findings by the Legislative Analysts Office. This is not the direction we need California's Universities to go in.

There is little doubt that higher education is the gateway to a more prosperous and productive life. In an age where an undergraduate degree is a minimum requirement for many jobs instead of a golden ticket to anywhere, it is vitally important that we make sure that our public universities are open to all who are qualified to attend. During my time at Berkeley, Asian American students were somewhat of a rarity, and it is only through dedicated efforts both at State government and in the Asian American community that we have gotten those numbers to increase. I hope the Board of Regents recognizes the effort that it took to get us to this point, and does not brush it away with new policies that will have uncertain results.

 **Healing Circle**

6:00 PM - 7:45PM

1099 Sunnydale Avenue
The Village

Contact: Lavaughn King
(415)832-9616

1099 Sunnydale Avenue
The Village
San Francisco, CA 94122
(415)832-9616

march 5, 09

WARNING! THERE IS NO WARNING

Are you and your loved ones ready for an earthquake or fire?

Learn how to be prepared for an Emergency.

JOIN US!
C.L.A.E.R.
WANTS YOU TO BE PREPARED!!!
MARCH 12, 2009
6:00 PM
1099 SUNNYDALE AVE. 3RD FLOOR
CONTACT: SHAREKA
415-331-3017



**American
Red Cross**

Bay Area Chapter

Expansion of Universal Healthcare Program

Mayor Gavin Newsom recently announced that as of Feb. 10, residents with annual incomes at or below 500 percent of the Federal Poverty Level (for one person \$52,000; for a family of four \$106,000) will be eligible to enroll into San Francisco's first-of-its-kind universal health access program, Healthy San Francisco. Healthy San Francisco provides accessible and affordable healthcare services to uninsured San Francisco residents.

"Healthy San Francisco has been instrumental in our efforts to make healthcare available for all our uninsured residents, and it demonstrates the critical role that cities play in improving the healthcare delivery system," said Mayor Newsom. "Today's expansion to 500 percent of the Federal Poverty Level recognizes the fact that uninsured residents with modest incomes also have difficulty accessing comprehensive healthcare services."

Over 35,000 residents are currently enrolled in the program. Through Healthy San Francisco, these residents have access to primary care and preventive services at over 29 participating public, non-profit and private health centers. In addition, participants have access to specialty, pharmacy and hospital care.

Healthy San Francisco offers universal health access for all City residents, regardless of a person's employment status, immigration status, or pre-existing medical condition. In order to effectively and efficiently enroll San Francisco's uninsured residents into the program, Healthy San Francisco enrollment is being phased in over a 24 month period.

Healthy San Francisco is administered by the San Francisco Department of Public Health, in partnership with the San Francisco Health Plan. More information on the program is available at www.healthysanfrancisco.org or by calling 3-1-1.

Avoid Costly Penalties for Late Tax Filing

by Jason Alderman

Be forewarned: Income tax season is upon us. Procrastination is probably never a good thing, but when it comes to the IRS, it can be downright expensive. To help keep you on track, I've compiled a few suggestions that can save you last-minute grief – and money:

Meet IRS deadlines. Make sure you postmark or electronically file your 2008 tax return by no later than April 15; otherwise, you may incur a late-filing penalty that's generally 5 percent of taxes owed, per partial or full month, plus interest.

As long as you meet the filing deadline – even if only to request an extension – the monthly penalty drops to 0.5 percent, plus interest. Contact the IRS ahead of time if you won't be able to pay your taxes on time; they may even waive the penalties, depending on your circumstances. Call 800-829-1040 or visit www.irs.gov for more information.

Quarterly tax filers. If you file quarterly estimated taxes (as many retirees and self-employed people do), April 15 is also the deadline to make your first quarter 2009 estimated tax payment, even if you don't file a 2008 return until later in the year.

Know tax code changes. As usual, there are numerous changes to the tax code for 2008. Visit the "1040 Central" section on the IRS Website (www.irs.gov/individuals) to learn more.

A few highlights of the changes for 2008:

*People who don't itemize deductions can now add up to \$500 (\$1,000 for couples filing jointly) in property taxes paid to their standard deduction amount.

*For 2008 and 2009, people over 70 1/2 can donate up to \$100,000 from their IRAs to charity without first having to declare the distribution as taxable income. This is particularly advantageous for those who don't itemize deductions.

*Several other taxpayer benefits that had expired have been rein-

stated for 2008 and 2009, including: the option to deduct state sales tax instead of deducting state and local income taxes; the educator's above-the-line deduction for up to \$250 in expenses; and the above-the-line deduction for up to \$4,000 in qualified college tuition and fees.

Ask for help. If calculating your own taxes is too confusing or time-consuming, consider hiring a professional. A sharp preparer could save you a bundle by finding hidden credits or deductions. If cost is an issue, several free options available to seniors, military and low- and middle-income taxpayers:

*The IRS sponsors the Volunteer Income Tax Assistance Program (VITA) and Tax Counseling for the Elderly (TCE). Search "Free Tax Preparation" on the IRS website for information.

*AARP volunteers provide free tax preparation to low- and middle-income taxpayers, particularly those over age 60 (www.aarp.org/money/taxaid).

*Military personnel and their families worldwide can get free assistance through a program overseen by the Armed Forces Tax Council and offered through VITA Check with your base for details.

Avoid common mistakes. People in a rush often fill in incorrect, illegible or incomplete identification information, forget to sign and date the return, don't attach needed documentation and supplemental forms or make math errors. Double-check everything.

And finally, do yourself a favor and start organizing your 2009 paperwork now so you won't have to scramble next spring. Visa's free personal financial management site, Practical Money Skills for Life, features an interactive, downloadable tool called My Budget Planner to help you categorize and track income and expenses (www.practicalmoneyskills.com/mybudget).

Jason Alderman directs Visa's financial education programs.

Many Large Digital Libraries on the Computer Require Regular Backups

According to a recent study, Americans are not backing up their digital photos, music, documents or other types of files. The study found that nearly one in three consumers don't see the need to back up their files, while nearly a quarter (22 percent) don't back up files because it's "too time consuming."

"The issue appears to be a combination of lack of awareness of storage options and ease of use," says Tim Herbert, director of market research for the Consumer Electronics Association (CEA). "Generally, consumers don't know how to back up their data and if they do, they're

failing to back up data because they claim it takes too much time."

The average American adult has 1,800 digital files, totaling 310 billion digital files nationwide. With another 1,060 being added per user in 2008, the total number is expected to hit just under 500 billion by the end of the year. Photos (85 percent) and music (67 percent) comprise the largest percentage of stored files; home office documents (59 percent) ranked third.

Research results show that consumers are satisfied with their storage options. Eight out of 10 respondents reported using their home computer as their primary long-term

Buildings with Style In Visitacion Valley

by Russel Morine

Over the next few months the Grapevine will present this new feature Buildings with Style spotlighting Visitacion Valley buildings that exhibit notable architectural and stylistic characteristics. Using the powers of the internet, namely MapJack.com and Wikipedia.com, select buildings have been selected because each captures the essence of an architectural style or movement. There will be a few archetypal examples presented here; however given the infusion of movements, styles, building materials and techniques plus the waning taste of past and current owners, even the most stylistic buildings evolve. Today most buildings can be safely called "eclectic". What will be presented here are exemplar examples of Visitacion Valley's diversity of style.

Spanish Colonial Revival

Located on the 800 block of Sunnydale Avenue, this home is an excellent example of Spanish Colonial Revival architecture. In general "revival," architecture aims to mimic previous building types through thoughtful reinterpretation.

During Spain's colonization of the New World, classic European buildings styles were adapted to the local climate using indigenous building materials. This building imitates the massive stucco walls (used to control interior climate fluctuations) of the original building style by recessing the window and door openings. The faux roof timber frame below the roofline and red clay tile roof are decorative and meant to reflect the use of local building materials. The large window hints of a Moorish influence. Many fine examples of the Spanish Colonial Revival style are also found within Little Hollywood, especially along Tocoma Avenue.



Spanish Colonial Revival home located on the 800 block of Sunnydale Avenue.



Contemporary Row (Terraced) Housing located in Visitacion Valley.

Contemporary Row (Terraced) House

Better known by locals as the "Brick Homes," these Joseph Echiler designed homes follow a form first developed in 17th century Europe. Originally called 'terraced' housing, their distinguishing feature is the shared wall construction method and the repetition of the front facade. Row Houses are generally built by a single developer en masse to lower construction costs. The Brick Homes are often erroneously described as condos or

townhomes. In reality, these homes are owned 'fee simple' meaning that unlike a condo or a townhome, the individual owners owns the building and the land underneath. However, the collective owners do share the cost to maintain the development's common areas. The neighboring Heritage Homes development is also a form of Row Housing, but the units there are all rentals.

Next Month: The Shoe Box / Dingbat and Provincial Revivalism or "Story Book Style."

Celebration Marks Opening of New Portola Branch Library

The Portola neighborhood will come together to celebrate the new Portola Branch Library on Feb. 28. Replacing a leased facility on San Bruno Avenue, the brand-new library at 380 Bacon St. will feature more books and materials, a dedicated teen space, an expanded children's area, plus a program room accessible after hours for community meetings.

A grand opening celebration will kick off with lion dancers and musicians in front of the new branch.

Festivities begin at 1 p.m. Library services will start at 2 p.m.

Goettingen Street will be closed between Bacon and Burrows streets to through traffic during the event.

City Librarian Luis Herrera, State Senator Leland Yee and Supervisor Sophie Maxwell are among the city and state officials attending the opening celebration.

"In this time of economic uncertainty, libraries are providing a haven for information and recreation. We are excited that San Francisco's Branch Library Im-

provement Program continues to build and renovate neighborhood libraries," said City Librarian Luis Herrera. "A brand new library in the Portola neighborhood will serve a multicultural community of children, teens and seniors for generations to come."

The 6,300-square-foot space occupies a site acquired from the San Francisco Unified School District on a corner of the Martin Luther King Jr. Middle School facility. A beautiful public art display of fused cast glass panels by Dana Zed will welcome patrons into the branch.

The light and airy new branch features a new, view garden, an expanded children's section that will be able to accommodate school visits, a designated teen space and a program room that will allow after-hours access for the community.

The branch also includes new furniture and shelving, an expanded collection of books, CDs, DVDS and other materials, a prominent reading area, more computers, Wi-Fi access to the Internet and more functional staff work spaces.

Architecture firm Stoner Meek/Noll & Tam designed the new branch library, drawing from a range of inspiration — the form of books themselves, open to the public, and the rhythm and scale of traditional San Francisco neighborhood bay windows.

At the library entrance, the public is welcomed by an airy art-filled Periodical Room.

The porch-like quality of this entry continues along the full southern edge of the building, with reading chairs in each of the bay windows. The Department of Public Works managed the project.

Portola is the ninth library project to be completed under the Branch Library Improvement Program, which is funded by a \$105.9 million bond measure passed by voters in November 2000.

The Portola branch is the second of four city branches that were housed in leased facilities and are being replaced by city-owned buildings. Project costs totaled about \$3.3 million.

Over the past two years, Friends of the San Francisco Public Library has been working in partnership with neighborhood residents and communities to raise funds, awareness and support for the branch improvements.

Friends contributed \$500,000 towards the Portola Branch renovations, to pay for furnishings, fixtures and equipment — expenses not covered by the bond.

Of this, almost \$100,000 has been raised by the Portola Library Campaign Committee.

For more information on how to support the Portola Library Campaign, please contact Tina Tom, 626-7512 x106.

storage option. For backup, over three-quarters (77 percent) burn their files onto a CD or DVD. Over a quarter (29 percent) copy their files onto more than one device, such as having a file on a computer and a portable MP3 player.

CEA offers several tips for consumers to keep digital files safe:

*If you are saving content onto a CD, DVD, USB flash drive or other removable device, keep an extra copy off-site, such as an office. This ensures your contents' safety in case your home is damaged by events such as a fire, flood or earthquake;

protect your content from disasters and/or hardware failures;

*Scan and clean your backup drives. Viruses can spread to removable drives and other network connections, damaging your music and photos;

*Regularly defragment your hard disk drive. This will ensure that your computer is running faster for longer with less wear and tear; and

*Establish a regular backup schedule. Many external hard drives come with software that can assist in the backup process and help maintain a consistent schedule to ensure data gets saved even if you forget to.

Taking the 'ICK' Out of Picky Eaters

They wrinkle their nose in dis-taste. Shake their head. Clench their mouth shut. Push away the food. This is the progression of a picky eater at the dinner table.

According to a study published in the American Journal of Clinical Nutrition that looked at the eating habits of twins between 8 and 11 years old, researchers found that 78 percent of food preferences are hereditary. And while this "finicky eater syndrome" may be genetic, cooking experts say parents shouldn't despair. This crisis can be averted by slipping in nutritious foods children don't get enough of, like milk and green veggies, into savory dishes that will tickle the taste buds. That's why the California Milk Processor Board (CMPB), the creator of GOT MILK?, has joined forces with children's culinary schools statewide to uncover the delicious possibilities of nutritious foods like milk and vegetables - foods essential for healthy growth and development.

The partnerships with Piccolo Chef in Culver City, Captain Cook's Culinary for Kids in San Diego and Sacramento Culinary Center & Showroom yielded palate-pleasing nutrient-rich recipes, like melt-in-your-mouth meatballs and creamy Nutty McButternut Squash Soup.

"Nutrition is a priority for par-

ents," says Steve James, the executive director of the CMPB. "By creating this partnership with children's culinary schools, we're offering parents recipes that go beyond hot dogs and pizzas. By instilling an appreciation of milk and nutritious foods at a young age, we can ensure that young people will have the nutrients necessary to grow strong and healthy."

Chefs from throughout the Golden State agree that children can grow to like foods like spinach, broccoli and low-fat milk if they are incorporated into tasty dishes, sauces, and soups. Another tip: Get kids in the kitchen where they will experience the colors and aromas of food. Some studies show that involving kids in meal preparation makes them more likely to try new foods.

"We don't believe in hiding the vegetables," says Tina Fanelli Moraccini, of children's culinary school Piccolo Chef. "But you do have to be creative. Children should be involved in the cooking process that way they feel it with their hands, see it with their eyes, smell it with their nose, cook it and eat it."

The recipes developed by the children's culinary schools have been outlined exclusively at www.gotmilk.com and are evidence that vegetables like zucchini, cauliflower, and butternut squash can be cool again. Even more nutritious is the ingredient that binds these dishes together - good old-fashioned milk.

The fact is the majority of children aren't getting the calcium necessary for growth and to stay healthy. National Institutes of Health reports more than 90 percent of girls and 75 percent of boys ages 9 to 13 have inadequate calcium intake.

All of GOT MILK?'s picky eaters' recipes include low-fat milk to boost children's calcium intake and to allow them to enjoy milk in different ways. Among the tasty eats are Mini

Veggie Quiches which are the perfect size for little hands, but are loaded with mushrooms, yellow squash and other vegetables to meet their growing needs. For pasta night, parents can prepare a flavorful Cauliflower Alfredo Sauce guilt-free knowing this creamy sauce is a delicious healthy alternative which uses pureed cauliflower and low fat milk instead of cream.

"Children need good healthy nu-

VISITACION VALLEY GRAPEVINE - MARCH 2009 • 9
tritious foods," says Karen Whitehead, Captain's Cook Culinary Director. "These recipes are a great example of how kids can eat good quality food and at the same time enjoy a meal that tastes great. You can say they are kid-tested and GOT MILK? approved!"

For these and other recipes, and tips on how to combat the picky eater challenge, visit www.gotmilk.com

Concerned Mom Creates New Social Networking Site for Kids

Mary Kay Hoal tried everything she could to keep her daughter off of myspace.

She forbade her from using the site, put password locks on the computer and even blocked the site. Still, her daughter found ways to access the popular social networking site. Hoal's concerns stemmed from information and statistics that showed 29,000 registered sex offenders were on myspace; one out of every five kids are sexually solicited online, and nine out of ten children are exposed to pornography online.

When she looked for alternatives for parents worried about the dangers lurking in the cyber-shadows, she found none, so she decided to do something about it.

The result is www.yoursphere.com, the only social networking site for kids and teens that's backed by the Federal Trade Commission through the site's Privacy Vaults approval. The site's Chief Technology officer worked at the California Department of Justice tracking anonymous

online sex offenders, as well as the Megan's Law database. Moreover, it requires verified parental consent for a minor to logjoin.

Yoursphere.com has taken the bull by the horns, put a stake in the ground and is saying to the world: what's happening to kids online is NOT OKAY. Kids need to be protected, deserve to be protected and we're the only site that's actually doing something about it in a tangible and meaningful way.

The fact is that the dangers of the Internet for kids are very real, despite the safeguards in place in many homes. According to recent statistics, one out of every five kids is sexually solicited online. Even though it's a crime for sex offenders to work with children, or live near schools, online sexual predators are interacting with kids online and the anonymity available to them online eliminates offline barriers. Nine out of ten children are exposed to pornography online.

*When was the last time a parent

or teacher didn't get involved offline when their child was being bullied, but online almost half of kids 12-17 that are bullied only tell a parent 10% of the time. At yoursphere no one is anonymous. Yoursphere is the only online community that requires verifiable parental consent

*Confirms the identity of the parent providing consent

*Confirms that the parent or guardian providing consent is not a registered sex offender

*Is exclusively for kids and teens through age 18

*Exceeds COPPA (Children's Online Privacy Protection Act) and Federal Trade Commission (FTC) guidelines for protecting kids online through our approval by Privacy Vaults Inc.

*Whose policy is "no creepers allowed": predator, sex offender or pornographer targeting youth; any person setting up a profile with the intention to exploit, harass or solicit.

*No fake profiles (No one is anonymous on Yoursphere.com)

*Offers our members monthly contests and a rewards program.

*Provides a platform for our members to engage in positive activities of shared interest - in "spheres" (sports, academics, music, fashion, moves & TV, art & photo, gaming, notebook).

"The bottom line is that we're the only place in the online world that has taken extraordinary measures to help ensure the safety of its members and meets or exceeds standards set by the government," Hoal said. "Our opinion is that if it's a behavior that is illegal, immoral or unacceptable offline, then it's unacceptable online."

Innovative Public Art Collaboration For San Francisco In the Summer

This summer, the streets of San Francisco will be lined with banners designed by leading graphic artists, depicting the urban forest. The Urban Forest Project is a public arts project calling on artists to create powerful visual statements about the environment by using images of trees. It is produced in collaboration with New York-based Worldstudio and the Academy of Art University.

The City is bringing this innovative banner program to San Francisco to raise public awareness around greening

and tree planting initiatives and education. Once the banners come down, they will be converted into recycled products by students at the Academy of Art University, to be auctioned off to raise money for local tree planting initiatives and education. The project will rely entirely on corporate and foundation contributions; the Adobe Foundation is already on board as a key sponsor.

"Trees and urban green space are critical to creating and maintaining a sustainable city environment," said Mayor Gavin Newsom. "The Urban Forest Project underscores the interplay between urban nature and our streetscape, and sends the message that caring for our environment is everyone's responsibility."

The Urban Forest Project began in New York City with an installation in Times Square in 2006. After the San Francisco event, organizers plan an international tour for the project. For more information about The Urban Forest project please visit: www.ufp-global.com.

PLEASE
JOIN
US

29TH
BLACK
CUISINE
ANNUAL

1706 YOSEMITE
AT THIRD STREET
SAN FRANCISCO

IN SUPPORT OF THE SENIORS OF THE BAYVIEW HUNTER'S POINT
MULTIPURPOSE SENIOR SERVICES AND ADULT DAY HEALTH
R.S.V.P. 415/822-1444 AND 415/826-4774

Dinner: \$13.00
Dessert: \$3.00

001

001

Spelling Bee Champs at "Little Vis"



Top spellers won awards in competition at Visitacion Valley Elementary School.

Congratulations to Shument Cheng, 5th grader at Visitacion Valley Elementary School (VVES) for winning the school's spelling bee championship. She will represent VVES at the upcoming Chronicle citywide Spelling Bee Championship. Best of luck! Other winners include: 2nd Place: Simon Li, 3rd grade; 3rd Place: Clairanne Flores, 2nd grade; and 4th Place: Tina Kwok, 4th grade.

If your 2008 household income was less than \$45,000, you can get free tax help at more than 160 sites across the Bay Area. IRS-certified tax preparers will help you get the refund you deserve. You could qualify for the Earned Income Tax Credit, which could mean a refund of up to \$4,800!

Visit a site near you to learn about other tax credits you may be eligible for, free or low cost bank accounts, and other financial services.

Don't pay to get your taxes prepared.

Si su ingreso fue menos de \$45,000 en 2008, puede recibir ayuda gratuita con la preparación de sus impuestos en más de 160 sitios en el Área de la Bahía. Personal certificado por el IRS están disponibles para ayudarle recibir el reembolso que merece. ¡Puede ser elegible para recibir el Crédito por el Ingreso del Trabajo que puede aumentar en un reembolso de \$4,800!

Visite un centro cerca de usted para aprender sobre otros créditos y elegibilidad, además de información sobre cuentas bancarias de bajo costo y otros servicios financieros.

No pague para que le preparen sus impuestos.

如果您2008年的家庭收入低於\$45,000，您可在整個灣區160多個地點得到免費的稅務幫助。取得IRS認可的報稅員會幫助您拿到應得的退稅款。您可能有資格得到所得稅寬減額，這意味著您最多可得到\$4,800的退稅。

請前往離您最近的地點了解您可能有資格得到的所得稅寬減額、免費或低費用的銀行賬戶，以及其他財務服務。

請勿為報稅而支付費用。

Enhancing Your Brain with Brain Wave Vibration

The stress level for most adult Americans today is off the charts. We worry about our families, our finances, and our futures to a degree not seen in a long time. In fact, we are so stressed out that our incidence of chronic health conditions such as diabetes and heart disease is growing to alarming rates, giving us all even more to worry about.

Getting our stress responses under control can make a huge difference in people's overall health. There is a simple, uncomplicated technique to help with stress called Brain Wave Vibration, which actually alters your brain waves. It can be done by anyone, at any time.

The basic form of Brain Wave Vibration may sound too simple to be effective, but it works: shake your head. Create a vibration in the brain by moving to your own internal rhythm, and you will create a more calm and productive response to stressful situations. As your head and neck relax, the vibration will travel down through the brain stem and down the spine, relaxing the entire body.

Brain Wave Vibration relaxes tension in the muscles and internal organs, further helping to reduce the effects of stress. Another form of Brain Wave Vibration is known as "brain tapping," which is just as easy: use your fingertips to lightly tap on your head, starting with your temples and then moving across your skull, in a light, rhythmic fashion. This technique brings more blood flow up and into your brain and balances it evenly over all parts of your brain.

Brain Wave Vibration is the key exercise in a larger system of holistic, brain-centered health methods called Brain Education. Based on a Korean tradition of mind-body training called Dahn Yoga, as well as the latest scientific data, Brain Education is made up of very simple, yet profoundly effective, movements that help our brains and bodies learn how to re-channel stress and enhance our brain's functioning.

The trick with Brain Wave Vibration is that it quiets the thinking mind, or prefrontal cortex, and allows you to gain control over the

content it produces so that your brain stem has a chance to coordinate the equilibrium that it exists to create. The brain stem creates balance between the sympathetic nervous system, which produces the body's stress response, and the parasympathetic nervous system, which is in charge of the rest-and-digest response. When we are stressed these systems are out of balance because the thinking brain is constantly sending messages that keep our bodies in a state of alarm without time to recover. Brain Wave Vibration restores this balance quickly and effectively whenever you need it.

For more information about Brain Wave Vibration, you can visit www.brainwavevibration.com. To find a Brain Wave Vibration class, visit www.dahnayoga.com, or call 1-800-477-YOGA.

Goettingen Neighbors Group April Plant Sale

Goettingen Neighbors Group is dedicated to building community in the Portola neighborhood of San Francisco by talking to our neighbors, cleaning and greening our streets, and becoming active in the neighborhood starting with our own Goettingen Street.

We are currently restoring the city owned vacant lot at corner of Goettingen and Dwight streets. Recently, many neighbors have cleaned trash, painted over graffiti and cleared the overgrowth. The group has become a Parks Partner with SF Parks Trust and has applied (and received) several grants to maintain and improve the Goettingen Neighborhood Garden.

We are excited to announce the second annual GNG Plant Sale, April 4th from 10 a.m. until 2 p.m. at 700 Goettingen St. near Olmstead (at the top of the stairway from Dwight Street). Please consider our organization for any unwanted yet healthy plants, as well as other garden related items. Your support will help make this part of the Portola greener and cleaner.

We are looking for donations of any size for our plant sale. We want your unwanted plants, starter plants, planting pots, garden tools and garden art for our fund-raising efforts. We look forward to hearing from you. Please call me (Larry) at 415.215.7857 and I'll come to pick up your donations.

Funding for Two Valley Organizations

Two Visitacion Valley organizations received funding from the coveted Community Challenge Grant Program (CCG). The CCG, formerly known as the Neighborhood Beautification Fund, provides matching grants to local residents, businesses, non-profits and other community groups to make physical improvements to their neighborhoods.

The CCG focuses on projects that directly engage residents and businesses in working together to create green spaces, gathering places, public art, and other neighborhood amenities. The program provides an important tool for enabling communities to take the lead in conducting small-scale improvements in their own communities.

The following groups received grants in January 2009:

*VVBOOM, sponsored by Visitacion Valley Community Development Corp., was awarded \$3,000 for a community art project (mural) at 98 Leland Ave.

*The Visitacion Valley Greenway Project, sponsored by SF Parks Trust, was awarded \$54,000 for physical improvements at The Agriculture Garden on Campbell Avenue.

Our neighbors in The Portola also received a grant. The Goettingen Neighbors Group, sponsored by SF Parks Trust was awarded \$9,999 for the Goettingen Hill Beautification and Restoration Project.

For information about the CCG: www.sfgov.org/ccg

WHAT TO BRING

- Social Security Card or ITIN numbers
- All W2's, 1099's and other income forms
- Landlord contact information
- A voided check for Direct Deposit
- Last year's tax return (if you have it)
- 2008 Economic Stimulus Payment Amount
- Childcare provider name, address, and tax ID number

DOCUMENTOS NECESARIOS

- Tarjeta de Seguro Social o Carta con su ITIN
- Formularios: W2's, 1099 de otros ingresos
- Información de su arrendador
- Un cheque nulo y número de cuenta(s) bancarias para depósito director
- Copia de sus impuestos de 2007 (si los tiene)
- Carta del pago de estímulo (ESP)
- Información de su proveedor de cuidado infantil

該帶些什麼？

- 社會安全卡或ITIN號碼
- 所有的W2、1099或其他收入表格
- 地主聯絡資訊
- 一張用於直接存款的空白支票
- 上一年度的退稅表（如果有）
- 2008年經濟刺激付款金額
- 託兒服務提供者姓名、地址和稅號

EarthTalk

Global Warming?

Dear EarthTalk: Don't all these huge snow and ice storms across the country mean that the globe isn't really warming? I've never seen such a winter! -Mark Franklin, Helena, MT

More extreme weather events — from snowstorms to hurricanes to droughts — are likely side effects of a climate in transition, but most scientists maintain that any year-to-year variation in weather cannot be linked directly to either a warming or cooling climate.

On the surface it certainly can appear that way. But just because some of us are suffering through a particularly cold and snowy winter doesn't refute the fact that the globe is warming as we continue to pump carbon dioxide and other greenhouse gases into the atmosphere.

According to the National Aeronautics and Space Administration (NASA), the 10 warmest years on record have occurred since 1997. And the National Atmospheric and Oceanographic Administration (NOAA) reports that recent decades have been the warmest since at least around 1000 AD, and that the warming we've seen since the late 19th century is unprecedented over the last 1,000 years.

"You can't tell much about the climate or where it's headed by focusing on a particularly frigid day, or season, or year, even," writes Eoin O'Carroll of the Christian Science Monitor. "It's all in the long-term trends," concurs Dr. Gavin Schmidt, a climatologist at NASA's Goddard Institute for Space Studies.

Most scientists agree that we need to differentiate between weather and climate. The NOAA defines climate as the average of weather over at least a 30-year period. So periodic aberrations — like the harsh winter storms ravaging the Southeast and other parts of the country this winter — do not call the science of human-induced global warming into question.

The flip side of the question, of course, is whether global warming is at least in part to blame for especially harsh winter weather. As we pointed out in a recent EarthTalk column, warmer temperatures in the winter of 2006 caused Lake Erie to not freeze for the first time in its history. This actually led to increased snowfalls because more evaporating water from the lake was available for precipitation.

But while more extreme weather events of all kinds — from snowstorms to hurricanes to droughts — are likely side effects of a climate in transition, most scientists maintain that any year-to-year variation in weather cannot be linked directly to either a warming or cooling climate.

Grapevine Classified

WCC BOARD MEETINGS: Visitacion Valley Community Center (VCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page \$60, 1/2 Page \$33.75, 1/4 Page \$18.75, 1/8 Page \$10, 1/12 Page \$8, 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details.

Classified: 20 words for \$1. Extra line 50 cents.

Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Even most global warming skeptics agree that a specific cold snap or freak storm doesn't have any bearing on whether or not the climate problem is real. One such skeptic, Jimmy Hogan of the Rational Environmentalist website writes, "If we are throwing out anecdotal evidence that refutes global warming we must at the same time throw out anecdotal evidence that supports it." He cites environmental groups holding up Hurricane Katrina as proof of global warming as one example of the latter.

If nothing else, we should all keep in mind that every time we turn up the thermostat this winter to combat the cold, we are contributing to global warming by consuming more fossil fuel power. Until we can shift our economy over to greener energy sources, global warming will be a problem, regardless of how warm or cold it is outside.

Dear EarthTalk: I've heard that most of the big car rental companies have gone "green" lately. What's the story? -Ari Zucker, New York, NY

No doubt, rental car companies large and small have responded to increased consumer demand for fuel efficiency in the last few years by stocking up on gasoline-electric hybrids and other vehicles with better mileage and lower emissions. But whether or not these companies will continue their commitment to fuel efficiency as gas prices fall and consumers begin to look again at bigger cars remains to be seen.

Hertz may have sparked the trend

in 2006 when it launched its Green Collection, which includes thousands of fuel efficient cars such as the Toyota Camry, Ford Fusion, Buick LaCrosse and Hyundai Sonata. These models, now available at 50 airport rental locations, average 31 miles per gallon (mpg) on the highway, and most carry the U.S. Environmental Protection Agency's (EPA's) SmartWay certification, indicating lower greenhouse gas and other emissions. In June 2007, Hertz bolstered its green offerings significantly by incorporating some 3,400 Toyota Prius hybrids into its American rental fleet.

Meanwhile, other companies are towing the line as well. Avis and its partner Budget offer 2,500 hybrids (Toyota's Prius and Nissan's Altima) for rent in the U.S. And Advantage Rent-a-Car, a smaller but up-and-coming player in the industry, has pledged to turn 100 percent of its rental fleet "green" by 2010.

Rental car companies are offering many more hybrids and other fuel efficient vehicles in response to increased consumer demand for better mileage and lower emissions. Pictured: a Hybrid Hyundai Sonata on a Hertz lot in Louisiana.

Not to be outdone, Enterprise — the nation's largest rental car company with a total fleet of 1.1 million rental vehicles — offers some 440,000 vehicles that get 28 mpg or better in highway driving. Some 5,000 of the total are hybrids (Toyota's Camry and Prius and Ford's Escape SUV), while another

73,000 can run on the ethanol-based biofuel or on regular gas. Customers of Enterprise (or one of its sister brands, Alamo or National) can also opt to pay an extra \$1.25 per rental to offset their carbon emissions. (Funds go to Terra Pass, which funds clean energy projects.) And last year the company opened several new "green branches" where

60 percent of the vehicles for rent are hybrids or other fuel efficient models.

Of course, green car rentals do come with a premium. Renting a hybrid typically costs \$5 to \$15 more per day than an equivalent conventional car. In a recent comparison on overall costs (including gas expenses), SmarterTravel.com's Sarah Pascarella figured that a two-day trip from San Francisco to Yosemite National Park was \$55 cheaper in one of Hertz's Hyundai

VISITACION VALLEY GRAPEVINE · MARCH 2009 · 11

Accent economy cars than in a hybrid Prius from their Green Collection. Comparisons with vehicles from Avis and others yielded similar results. "I found choosing an economy car over a hybrid was often the more economical choice," she reports.

In order to encourage greener rentals despite the cost premium, San Francisco International Airport now offers travelers a \$15 credit if they rent a hybrid from any of the companies operating there. Elsewhere, in-town rental locations usually offer better deals on hybrids, although customers should still expect to pay a premium for renting green no matter where they are — at least until both supply and demand for such vehicles rises, which will inevitably lead to price reductions.

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*Mar. 7: Paint your own watercolor scroll to hang on a wall or in a window.

*Mar. 14: Discover beauty in gravity as you create paintings with your own hand-made paint pendulum!

*Mar. 21: Create your own special talking stick.

*Mar. 28: Print and reprint a colorful stencil monoprint (monoprint means one-of-a-kind print; kids love them!).

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

COMPLETE AUTO REPAIR & MAINTENANCE

- Foreign & Domestic
- Brake Service
- Engine-Transmission
- Fuel Injection
- Electrical Service
- Insurance Work
- Air Conditioning
- Tune-up
- Muffler & Pipes
- Catalytic Converter
- Performance
- Dual Exhaust
- Custom Bending



ASA

Automotive Service Excellence

415-588-8281

2500 BAYSHORE BLVD. (at Visitacion)

Visitacion Valley Police Report

Police Cases

*On Jan. 27 at 1 a.m. on the 1700 block of Geneva Avenue, a resident awoke to find a man in her room. He fled upon seeing her. The burglar was described as a black male, 25 to 25 years-old, black hair, 5'11" tall, 170 pounds, wearing a black baseball cap and a black hooded jacket. At 6:17 p.m., officers responded to the 2300 block of San Bruno Avenue regarding a robbery with a gun. Officers spoke with the victim, who stated that the gas station he was working at had just been robbed by two subjects who had a gun. The victim also told officers that the suspects put him in the garage area while they took money from the register. The suspects then fled the area. Bayview plainclothes officers located the suspects who matched the description given by officers. The victim positively identified the suspects. Officers also discovered that the suspects had been arrested previously for possession of a firearm during an incident last year. Robbery inspectors responded and took over the investigation. At 1:57 p.m. on the 400 block of Argonaut Avenue, a 44 year-old Visitacion Valley man parked his car and was approached by two robbers. One of the pair produced a gun and demanded money. The victim was robbed of his belongings. The robbers were described as black males in their late teens, wearing black clothing.

*On Jan. 28 at 9:15 p.m. on the 2200 block of Bayshore Boulevard, a passerby called the owner of a tow yard to report a burglar on the premises. The owner and his son arrived and confronted a man as he was breaking into a car in the yard. The burglar was subdued and a witness flagged down an officer and posse, who took a 36 year-old Western Addition man into custody for burglary.

*On Jan. 31 at 12:30 a.m. on the first block of Blythdale Avenue, an officer investigated a Domestic Violence incident and named a 40 year-old Hunters Point man as a suspect in a felony battery case.

*On Feb. 1 at 2:30 p.m. on the first block of Heritage Avenue, an officer investigated a Domestic Violence incident and arrested a 41 year-old Sunnydale man for felony battery. At 5:30 p.m. on the 1600 block of Sunnydale Avenue, an officer investigated a Domestic Violence incident and arrested a 20 year-old Bayview District woman for felony battery. At 6:35 p.m. on Felton Street at/San Bruno-CN#09011696: A victim was robbed by two suspects, who threatened the victim by holding a gun to his chest and demanding money. The suspects dragged the victim in between two cars, forcing the victim to give them his cell phone and money. The suspects told the victim to count to 60, while they fled the area. The victim stated that he could not identify the suspects because they had pulled hats down low to cover their faces. The victim was not injured during the robbery.

*On Feb. 2 at 7 a.m. on the first block of Blythdale Avenue, SWAT officers served a search warrant for Ingleside Station plain clothes officers. A 25 year-old Sunnydale man was arrested for threats and for violating his parole and released to his parole officer.

*On Feb. 3 at 9:05 p.m. at Garrison Avenue and Schwerin Street, three people were inspecting a car when shots were fired at them. An 18 year-old OMI District man was shot once in the hip. He was taken to San Francisco General Hospital for treatment.

*On Feb. 4 at 3:42 p.m., a man stated to employees at a charitable organization in the SOMA that his friend was dead. The police were called and a Southern Station officer investigated. He determined that the two men lived together in an encampment in the Ingleside District. An officer found a 62 year-old San Francisco man dead in an encampment at Mansell Street and San Bruno Avenue. The San Francisco Medical Examiner's Office took over the case.

*On Feb. 5 at 11:20 p.m. at Geneva and Brookdale avenues, an 18 year-old Visitacion Valley woman was confronted by a gunman who demanded her purse. She demurred and he struck her over the head with the gun. The robber took her purse and fled in a silver car. The perpetrator was described as a Latin male in his late teens, 5'6" tall, 150 pounds, with black hair, wearing black clothing.

*On Feb. 7 at 4:18 p.m. on the 2100 block of Bayshore Boulevard, a resident confronted burglar in his home. The burglar, a black male in his late 20s, had kicked in the front door. He fled on foot.

*On Feb. 8 at 2:15 p.m. at Bayshore Boulevard and Visitacion Avenue, a traffic officer stopped a motorist and arrested the 32 year-old South San Francisco man for possessing marijuana for sale and for contributing to the delinquency of a minor.

*On Feb. 9 at 1:15 p.m. on the 2200 block of Bayshore Boulevard, a pedestrian chased a Muni bus and pounded on the door in an attempt to gain entry. The bus was moving in traffic and could not stop. The pedestrian fell to ground and had to be taken to SFGH. He was deemed uninjured and very drunk by medical doctors.

*On Feb. 10 at 12 noon on the 400 block of Mansell Street, a student was booked for possession of a BB gun while at school. The student, who had the gun in his jacket, dropped it on the floor while talking with another student. The suspect picked up the gun and ran out of the school. The suspect's probation officer was notified and contacted the suspect to have him return to school. The suspect was placed into custody and transported to Y.G.C.

*On Feb. 11 at 8:15 a.m. at Blythdale Avenue and Santos Street, an officer investigated a Domestic Violence incident and named a 35 year-old Sunnydale man as a suspect in a felony battery case.

*On Feb. 15 at 10:40 p.m., officers responded to Dwight Street and San Bruno Avenue regarding a shooting. Officers spoke with the victim who stated that he was sitting in his car when he heard a "bang" on the window and saw a suspect with a gun in his hand standing next to his car. Two additional suspects stood behind the man with the gun. The victim stated that the suspect continued to hit the window with the gun until it shattered. The victim jumped out of his car and ran, hearing a gunshot as he left the area. The victim watched as the suspects got into another vehicle and sped off. No one was injured during the incident. No suspects were located.

*On Feb. 16 at 9 a.m. on the first block of Blythdale Avenue, an officer investigated a Domestic Violence incident and named a 33 year-old Bayview District man as a suspect in a felony battery case. At 2:15 p.m. in

McLaren Park, six teens playing with BB guns near the park's water tower were robbed at gunpoint by four robbers who fled with the victims' belongings. At 7 p.m. at Leland Avenue and Cora Street, an officer and posse detained two men, a 51 year-old San Mateo resident and a 40 year-old Bayview District resident, during a narcotics investigation. A search of the San Mateo man's car revealed a large amount of narcotics. Both men were charged with possessing the drugs.

*On Feb. 17 at 1:33 p.m. on the 1900 block of Sunnydale Avenue, an officer and posse found a 33 year-old Sunnydale man who had been named in an armed robbery report. The robbery had occurred near Market Street earlier in the month. They arrested the man without incident. He had marijuana packaged for sale inside his car. The man was charged with robbery and with possessing marijuana for sale. At 4:15 p.m. on the first block of Blythdale Avenue, an officer investigated a Domestic Violence incident and named a 19 year-old Antioch man as a suspect in a felony battery case.

*On Feb. 19 at 1:30 p.m. on Mill Street, a homeowner heard his garage door open and found three men inside his garage. He confronted the trio and they fled. There was no loss reported.

At 1:55 p.m. on the 1500 block of Sunnydale Avenue, an officer and posse secured an apartment for a Gang Task Force inspector in order to serve a search warrant. They arrested a 51 year-old Bayview District man for a local felony narcotics warrant and for possessing narcotics (heroin, cocaine, and prescription pills). At 4 p.m. a citizen went into Bayview Station to report that a suspect had taken her backpack when she fell asleep on a Muni bus at Bayshore Boulevard and Blanken Avenue. The victim stated that her ID, paystub, check card and miscellaneous papers were taken. The victim was not injured during the theft. The suspect was not located.

At 10:42 p.m. at Silver and San Bruno avenues, members of Bayview's plainclothes team were traveling in the area of Silver Avenue and Girard Street when they saw a car parked in front of a liquor store with a known subject leaning into the car window. An officer drove past very slowly and made eye contact with the driver and passenger. The passenger, upon seeing the officers, jumped out of the car and began to walk away. The driver, who remained in the car, was seen placing something from the front seat to the back seat. Officers also recalled an earlier report of this same vehicle, which had taken off at a high rate of speed when officers attempted to pull it over for a traffic violation. Officer searched the vehicle and located a gun and suspected marijuana. The driver was placed under arrest without incident. The gun and suspected marijuana were seized as evidence and the vehicle was towed.

*On Feb. 20 at 4:50 p.m. on the 100 block of Blythdale Avenue, an officer responded to a report of a possible shooting. Upon arrival, officers found a 17 year-old male lying on the ground with multiple stab wounds. The victim was transported to SFGH. The suspect was not located.

*On Feb. 21 at 4:10 p.m. on the 1200 block of Brussels Street, a resident followed his dog into a neighbor's yard to keep his dog from fighting with the neighbor's dog. His brother came to his aid and stabbed the neighbor's dog to death. An Animal Care and Control officer investigated and seized the dead dog and the knife as evidence. The resident was cited for violating the Health Code.

Police Summaries

*Jan. 26 500 block of Carter St., 38 year-old Visitacion Valley man cited for battery

*Jan. 26 200 block of Rutland St., aided case, 48 year-old Visitacion Valley man taken to hospital for evaluation

*Jan. 27 McLaren Park, arson, car fire

*Jan. 27 200 block of Santos St., missing person, juvenile

*Jan. 28 12:30 p.m., 3500 block of San Bruno Ave., burglary occurred between Jan 24 and 27, no forced entry found, television taken, victim suspects former roommate

*Jan. 28 First block of Argonaut Ave., '97 Ford SUV recovered

*Jan. 28 100 block of Sunnydale Ave., 14 year-old Sunnydale male arrested on two Juvenile Court warrants

*Jan. 29 Blythdale Ave. and Santos St., traffic collision, hit and run, no injuries

*Jan. 29 500 block of Leland Ave., disturbing the peace

*Jan. 29 500 block of Leland Ave., battery, suspect known

*Jan. 29 3700 block of San Bruno Ave., '97 Honda Accord recovered

*Jan. 29 2000 block of Sunnydale Ave., theft from building, six bicycles taken, SFUSD campus

*Jan. 30 200 block of Blythdale Ave., vandalism to building, broken window

*Jan. 30 100 block of Britton St., vandalism to building, broken window, suspect known

*Jan. 31 100 block of Leland Ave., '97 Honda Accord recovered

*Jan. 31 300 block of Sawyer St., 44 year-old Daly City man arrested for battery

*Feb. 3 11:15 p.m., First block of Blythdale Ave., burglary occurred between 4 and 11 p.m., forced entry via front door, suspect named in report, no loss reported

*Feb. 3 2200 block of Bayshore Blvd., three teens were cited for vandalizing a Muni bus with graffiti

*Feb. 3 400 block of Raymond Ave., 14 year-old student cited for battery

*Feb. 3 1600 block of Sunnydale Ave., 22 year-old Hunters Point man arrested on local misdemeanor traffic warrants

*Feb. 3 First block of Siliman St., burglary of residence, glass pane in door broken, electronic dictionary stolen

*Feb. 18 900 block of Goettingen St., 26 year-old Portola District man surrendered on local and San Mateo County felony warrants

*Feb. 19 First block of Siliman St., burglary of residence, glass pane in door broken, electronic dictionary stolen

*Feb. 19 300 block of Schwerin St., batter, suspect unknown

*Feb. 20 First block of Blythdale Ave., vandalism to building, broken window

*Feb. 20 400 block of Sawyer St., vandalism to building, broken window

*Feb. 20 1600 block of Sunnydale Ave., vandalism to building, broken windows

*Feb. 21 First block of Blythdale Ave., mental health intervention

*Feb. 21 First block of Blythdale Ave., threats, suspect named

*Feb. 21 300 block of Wilde St., '97 BMW 318 stolen

*Feb. 22 100 block of Blythdale Ave., 23 year-old Sunnydale woman arrested on local narcotics warrant

*Feb. 22 1200 block of Sunnydale Ave., '06 VW Passat stolen

Captain Denis O'Leary of Ingleside Station and Captain John Loftus of Bayview Station contributed to this report.

Visitacion Valley Community Center Senior Program

Funded by

S.F. Department of Aging & Adult Services

Open 365 Days a Year

Lunch Served Every Day

66 Raymond Avenue 467-4499

block of Brookdale Avenue, officers stopped a 32 year-old Sunnydale woman as she drove a stolen car. They arrested her for grand theft and booked her into the County Jail. At 6:30 p.m. on the 400 block of Mansell Street, a police service aid took a report regarding two suspects that sprayed pepper spray at a victim and threatened to kill her after a high school basketball game. The suspects then fled the area. Officers arrived on scene regarding another fight in the area, but did not locate the suspects with the pepper spray. The officers did locate another victim of the pepper spray, but that victim refused medical treatment and left the scene.

*On Feb. 19 at 1:30 p.m. on the 1900 block of Sunnydale Avenue, an officer and posse found a 33 year-old Sunnydale man who had been named in an armed robbery report. The robbery had occurred near Market Street earlier in the month. They arrested the man without incident. He had marijuana packaged for sale inside his car.

*On Feb. 21 at 4:10 p.m. on the 1200 block of Brussels Street, a resident followed his dog into a neighbor's yard to keep his dog from fighting with the neighbor's dog. His brother came to his aid and stabbed the neighbor's dog to death. An Animal Care and Control officer investigated and seized the dead dog and the knife as evidence. The resident was cited for violating the Health Code.

Police Summaries

*Jan. 26 500 block of Carter St., 38 year-old Visitacion Valley man cited for battery

*Jan. 26 200 block of Rutland St., aided case, 48 year-old Visitacion Valley man taken to hospital for evaluation

*Jan. 27 McLaren Park, arson, car fire

*Jan. 27 200 block of Santos St., missing person, juvenile

*Jan. 28 12:30 p.m., 3500 block of San Bruno Ave., burglary occurred between Jan 24 and 27, no forced entry found, television taken, victim suspects former roommate

*Jan. 28 First block of Argonaut Ave., '97 Ford SUV recovered

*Jan. 28 100 block of Sunnydale Ave., 14 year-old Sunnydale male arrested on two Juvenile Court warrants

*Jan. 29 Blythdale Ave. and Santos St., traffic collision, hit and run, no injuries

*Jan. 29 500 block of Leland Ave., disturbing the peace

*Jan. 29 500 block of Leland Ave., battery, suspect known

*Jan. 29 3700 block of San Bruno Ave., '97 Honda Accord recovered

*Jan. 29 2000 block of Sunnydale Ave., theft from building, six bicycles taken, SFUSD campus

*Jan. 30 200 block of Blythdale Ave., vandalism to building, broken window

*Jan. 30 100 block of Britton St., vandalism to building, broken window, suspect known

*Jan. 31 100 block of Leland Ave., '97 Honda Accord recovered

*Jan. 31 300 block of Sawyer St., 44 year-old Daly City man arrested for battery

*Feb. 3 11:15 p.m., First block of Blythdale Ave., burglary occurred between 4 and 11 p.m., forced entry via front door, suspect named in report, no loss reported

*Feb. 3 2200 block of Bayshore Blvd., three teens were cited for vandalizing a Muni bus with graffiti

*Feb. 3 400 block of Raymond Ave., 14 year-old student cited for battery

*Feb. 3 1600 block of Sunnydale Ave., 22 year-old Hunters Point man arrested on local misdemeanor traffic warrants

*Feb. 3 First block of Siliman St., burglary of residence, glass pane in door broken, electronic dictionary stolen

*Feb. 18 900 block of Goettingen St., 26 year-old Portola District man surrendered on local and San Mateo County felony warrants

*Feb. 19 First block of Siliman St., burglary of residence, glass pane in door broken, electronic dictionary stolen

*Feb. 19 300 block of Schwerin St., batter, suspect unknown

*Feb. 20 First block of Blythdale Ave., vandalism to building, broken window

*Feb. 20 400 block of Sawyer St., vandalism to building, broken window

*Feb. 20 1600 block of Sunnydale Ave., vandalism to building, broken windows

*Feb. 21 First block of Blythdale Ave., mental health intervention

*Feb. 21 First block of Blythdale Ave., threats, suspect named

*Feb. 21 300 block of Wilde St., '97 BMW 318 stolen

*Feb. 22 100 block of Blythdale Ave., 23 year-old Sunnydale woman arrested on local narcotics warrant

*Feb. 22 1200 block of Sunnydale Ave., '06 VW Passat stolen

Captain Denis O'Leary of Ingleside Station and Captain John Loftus of Bayview Station contributed to this report.

VISITACION VALLEY DENTAL OFFICE

Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue
San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m.
Closed on Thursday

Phone 239-5500

for an appointment

Cantonese Spoken

Debunking Myths Of Flu Treatment

Each year, the flu affects more than 40 million Americans, according to the Centers for Disease Control and Prevention (CDC). Yet it seems many people think there is nothing that can be done about the flu. The reality is that you don't have to take the flu lying down.

"This lack of understanding about how to fight flu may lead to unnecessary suffering, missed workdays, and spreading of illness to others," explains Dr. Donald Perlman, family health and flu expert at Newark Beth Israel Medical Center and Assistant Clinical Professor at the University of Medicine and Dentistry of New Jersey. "Many of my patients don't realize that the flu can be treated with prescription medications called antivirals."

Dr. Perlman helps identify commonly held misconceptions and shares the facts about treating and preventing this serious and often underappreciated illness that results in an average of 36,000 deaths and more than 200,000 hospitalizations in the United States each year, according to the CDC.

Myth: If you don't get the vaccine by December, then it's too late.

Fact: The flu season can begin as early as October and last through May. Although people are encouraged to get the flu vaccine before December, it's actually never too late in the season to get it. The flu vaccine can provide protection even if flu is al-

ready circulating.

Myth: Getting a flu vaccine is the only way to fight the flu.

Fact: While vaccine is the first line of defense for preventing flu, the CDC recommends a "Take 3" approach—practicing good hygiene and use of prescription antiviral medications (if a doctor recommends them) are both important to the equation.

Myth: If you start to experience flu symptoms, it's best to wait a few days to see if it's just a 24-hour bug.

Fact: If you begin experiencing flu symptoms—sudden onset of fever, aches, chills and fatigue—don't wait, see a doctor immediately for proper diagnosis and treatment. A doctor can prescribe an antiviral medication, such as Tamiflu or Relenza, that will help you feel better faster. Antivirals can also be prescribed to people who have been exposed to the flu (like at home or at work) to help prevent them from getting sick.

Speed is critical for both treatment and prevention—antivirals must be taken within 48 hours of symptom onset or exposure.

Myth: Antibiotics cure the flu.

Fact: Antibiotics have a completely different purpose, and should never be used to treat the influenza virus. Antibiotics are medicines that kill bacteria and are only useful for treating bacterial infections. Whereas, the flu is a viral infection, not bacterial, requiring a different treatment called antiviral medications. Additionally, taking antibiotics for the flu is useless and will actually contribute to the development of antibiotic resistance, which is a growing health concern.

NAPS

Veterans Give Time to Help Other Vets

There is hopeful news for veterans who are pursuing an education.

Producing the stress of coming to college. Removing barriers reduces anxiety."

To learn more, visit www.BVA.org or call (800) 669-7079.

NAPS

Education Grant for MLK Middle School

Assemblywoman Fiona Ma recently presented teachers and students of Dr. Martin Luther King, Jr. Academic Middle School with a \$5,000 Barona Education Grant.

MLK Academic Middle School was selected by The Barona Band of Mission Indians to receive the award.

"Investing in our schools yields high returns for California and I thank the Barona Band of Mission Indians for making that investment" said Assemblywoman Ma. "

MLK will use the grant to purchase overhead projectors, camcorder, surveillance camera, and digital cameras. Equipment will provide a safe and secure learning environment for the entire school.

Standage helps student veterans through his volunteer work in the Veterans Education and Transition Services Office on the university campus. He attributes his willingness and initiative to serve others to his own successful rehabilitation and the inspiration provided by other members of BVA.

Said Standage, who encourages others to go to residential blind rehab, "The area I focus on is re-

Large Crowd Bids Goodbye to Old Schlage Lock Site



by Betty Parshall

On Saturday, February 21 over a hundred people gathered at the "new" Schlage office building at Bayshore and Leland to celebrate the imminent and long-awaited demolition of the Schlage Lock buildings. The date is not set yet but will be coming very soon (see "Demolition" story elsewhere in this paper).

Jonathan Sharfman for Universal Paragon Corp., Fred Blackwell from SF Redevelopment, Steve Kendrick, grandson of the founder of Schlage Lock, Ed Niser, who worked for Schlage for 40 years, and Supervisor Sophie Maxwell, among others, addressed the crowd.

They spoke of the years of negotiations to complete the sale of the site, the involvement of the Planning and Redevelopment agencies, the long and patient work of the Citizens' Advisory Committee, and the support of the community.

Steve Kendrick, grandson of the original owner of Schlage Lock, and Ed Niser, who worked for Schlage for forty years, provided some of the history and spoke of the significance of the company in the Valley and across the country.

Several former employees of Schlage were present and contributed to a video collection of oral histories that will be part of the historical commemoration of the company.

Dozens of people took the tours of the building, and everyone enjoyed the refreshments that were provided.



A large group of neighborhood residents gathered on Feb. 21 to celebrate the eventual demolition of the old Schlage Lock buildings. Photos: Chris Barnett

Youth of Valley Say "Shalom" To Shalom

"Shalom" is a traditional Jewish greeting or farewell. It's also the first name of Visitacion Valley Boys and Girls Club site director Shalom Kimble.

After years of service working with the youth of the Valley we sadly must say Shalom to Shalom.

Shalom made the difficult decision to transfer to the Page Street Boys and Girls Club location.

Known for her sardonic wit and steely demeanor, Shalom will be missed by the community she helped inspire.

Youth of the Valley should not despair however; your Boys and Girls Club memberships allow you to visit sites outside of the neighborhood at no additional charge.

Shalom will be happy to see you if you decide to visit her on occasion.



Visitacion Valley said goodbye to Shalom Kimble of the Boys and Girls Club.

School Buses Greener Than Many Think

Here's good news about the environment that may surprise you: The nation's yellow school buses are turning green as the industry actively works to reduce emissions through positive environmental initiatives.

Many people overlook the inherent environmental advantage of school buses. It's estimated that every school bus replaces an average of 36 passenger cars. With more than 480,000 school buses out each day, nearly 17.3 million fewer vehicles are needed to transport kids to and from school.

Recent advances in school bus engine technology have created more environmental advantages. The U.S. Environmental Protection Agency (EPA) says heavy-duty trucks and buses will soon reduce particulates by 90 percent.

"Not only are school buses the safest form of transportation for our students, they are more efficient than ever," said Mike Murray, CEO of FirstGroup America, the nation's largest provider of school transportation.

Even the little things make a difference. Drivers are trained to adhere

to a no-idling policy, which requires them to turn off idling buses after no more than five minutes, unless weather conditions make it unsafe. Drivers are also trained to keep tires inflated at the proper pressure and follow the most fuel-efficient route possible.

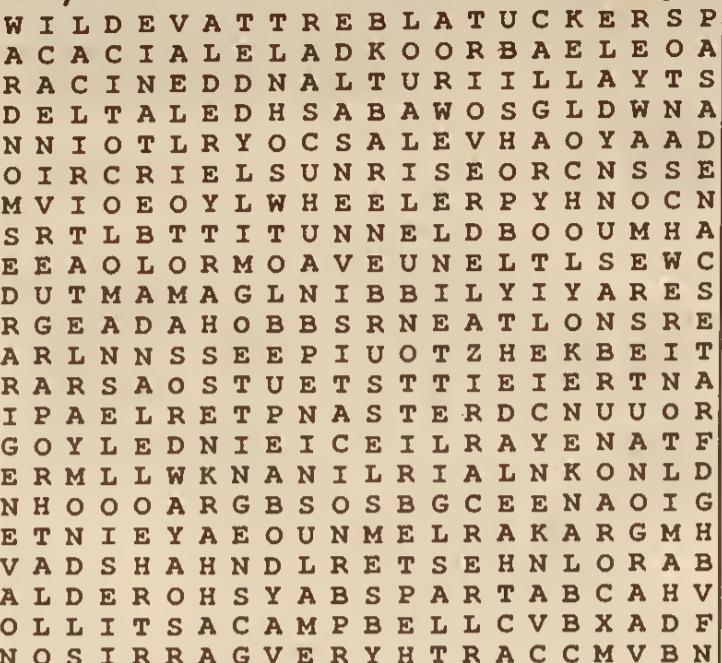
School bus manufacturers are also working to improve technology to meet progressively stringent emissions standards. For example, new school bus engines from IC Bus reduce particulate matter by 90 percent and nitrogen oxide by 50 percent compared to previous emissions standards.

The school bus industry is doing more to reduce school bus emissions, including:

- * Updating bus fleets with vehicles that research shows run 60 times cleaner than buses built before 1990;
- * Retrofitting older buses with special exhaust filters to reduce diesel particulate matter by approximately 40 percent;

- * Exploring the use of green technologies and alternative fuels, such as hybrid electric, biodiesel, propane or compressed natural gas.

NAPS

Grapevine Puzzler

Acacia	Delta	Lirita	San Bruno
Alberta	Desmond	Loehr	Santos
Alder	Elliot	Lois	Sawyer
Alpha	Ervine	Mansell	Schwerin
Ankeny	Evatt	McCarthy	Somerset
Argonaut	Fratessa	Melra	Sparta
Arleta	Garrison	Mill	Sunrise
Bayshore	Geneva	Nibbi	Sunnydale
Bishop	Gilette	Nueva	Talbert
Blanken	Girard	Ordway	Teddy
Blythdale	Goettingen	Pargue	Tocoloma
Britton	Hahn	Pasadena	Tomaso
Brookdale	Hamilton	Peabody	Tucker
Brussels	Harkness	Peninsula	Tunnel
Campbell	Hart	Pueblo	Velasco
Calgary	Hester	Racine	Visitacion
Carrizal	Holyoke	Raymond	Wabash
Castillo	Kelloch	Rey	Ward
Cielito	Lathrop	Rio Verde	Wheeler
Cora	Leland	Rutland	Wilde

Historic Proportions**1862***Match clues to answers.*

1. Captured by Union forces from the Confederates on June 6.
2. President Lincoln signed a bill into law creating this on May 15.
3. On Sept. 22, he became prime minister of Prussia.
4. First United States Navy rear admiral on July 16.
5. First American ironclad warship launched on Jan. 30.
6. Admitted to the Union on Dec. 31.
7. On Dec. 2, their first hospital ships entered service.
8. Published for the first time in Atlantic Monthly on Feb. 1.
9. French and British forces arrived here for French intervention Jan. 6.
10. Officially inaugurated on Feb. 22 in Richmond, Virginia to a six-year term as president of the Confederate States of America.
11. Lagos island in modern-day Nigeria annexed by this country Jan. 1.
12. President Lincoln signed law on

Grapevine Five Years Ago**MARCH 2004**

*Visitacion Valley residents packed the Community Center gymnasium Feb. 21 for a meeting sponsored by Supervisor Sophie Maxwell and the San Francisco Planning Department to learn latest developments in the planning process for the controversial Shlage Lock site, a topic of intense neighborhood concern since the company vacated the premises in 1999.

*Lily Zhane, a Visitacion Valley Elementary School fourth-grader, won a schoolwide spelling bee championship.

Sump, the Grump**Baby Boomers**

by Rix Quinn
Population

We Baby Boomers share a unique time. We were born in the middle of the 20th century, and hope to live at least to the middle of the 21st! When our earliest members were born, only 141 people lived in the U.S. Today there are over 303 million.

And we Boomers make up 78 million — or about 26 percent — of Americans. That means we're vitally important to the media who want to reach us, to the nation's retailers, to our growing children, and to our aging parents. For the Ages

I Think about what we Baby Boomers — born between 1946 and 1964 — have witnessed these last 40-60 years. We've seen television grow into an enormously influential medium. We've observed

a space program that took humans to the moon, and returned them safely to the earth.

The biggest question we must answer now: "Where are we going as we age?" Will we someday be viewed by our children and grandchildren as a great generation? We have the talents, the time, and the technology to make positive, major contributions to the world.

Footprints

One of my Boomer friends died prematurely, in his 40s. But not long before he passed away, he told me one thing really bothered him.

"I haven't done all I wanted to do," he said. "I wonder — if somebody cares to judge my walk across four decades — if they'll discover I left any footprints."

State Homebuilding Depression in 2009

SACRAMENTO — Housing production in California in 2009 is expected to decrease from the already record-low numbers seen in 2008, the California Building Industry Association announced today, leading CBIA officials to strengthen the call to state and federal lawmakers to enact a homebuyer tax credit in hopes of revitalizing distressed housing markets."

Rivinius cites the temporary homebuyer tax credit enacted by Congress during the 1970s when the housing market was going through a similar downturn.

"Within months of its enactment, home sales doubled and within two years, new housing construction was back to normal levels nationwide," he said. "We continue to believe that in today's economic climate, a tax credit for new homebuyers would provide a much-needed jolt to the languishing housing market, and in turn, the entire economy."

That changed when Babylon's King Hammurabi pulled out his ball-point chisel, and carved his 282-law Code.

Among his commands: If you owed somebody a debt, you could give them your spouse. This became a primitive form of "no-fault divorce."

We continued to refine human interaction with "etiquette," or rules of polite conduct. For instance, in a mixed group in this country, a man should not burp. But if he's with guys, he can burp loudly, and a friend may even try to record it for playback at the company picnic.

There are 17,000 rules of "good taste," many concerned with mealtime. Like, if we don't chew with our mouths closed, food could fall out. If we don't brush our teeth, they could fall out too. (If those teeth are chewing at the time, that's really bad.)

Other critical table manners:

1. If contents of a dish are unknown, say "My, what a lovely presentation," not "What is THIS slop?"
2. The long fork on the plate's left should never be used for back scratching.
3. After taking a date out for a fancy meal, the diner often compliments the chef, unless he is in the drive-thru line.

Sez Who?

Match quotes to speakers.

1 "Setting an example is not the main means of influencing another, it is the only means."

2 "Youngsters of Little League can survive undercoaching a lot better than overcoaching."

3 "The vote is the most powerful instrument ever devised by man for breaking down injustice."

4 "In politics you have to give the electorate a tune they can whistle."

5 "All great is the work of the whole living creature, body and soul, and chiefly of the soul."

6 "The only way to prove you're a good sport is to lose."

7 "A wise man gets more use from his enemies than a fool from his friends."

8 "Dogs are assets to candidates, and the feeling seems to be engendered that if a dog loves the candidate, he can't be all that bad."

9 "Greatness knows itself."

A. Enoch Powell
B. Ernie Banks
C. Willie Mays
D. William Shakespeare
E. Baltasar Gracian
F. Lyndon Johnson
G. Albert Einstein
H. Dick Gregory
I. John Ruskin

Answers: 1-G, 2-C, 3-F, 4-A, 5-I, 6-B, 7-E, 8-H, 9-D.

That's something for us Boomers to consider. What sort of footprints will we leave for others to follow? Work at Home

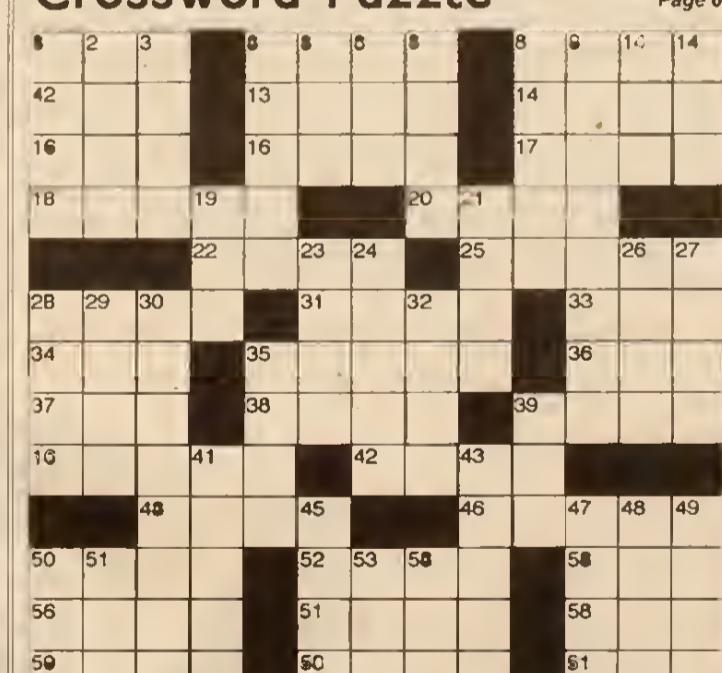
There's some speculation that Baby Boomers may pioneer a huge work-from-home industry. As many healthy Boomers retire from full-time employment, they will seek part-time work.

Hundreds of new jobs will likely be created for individuals who want to (1) work at home, (2) do their work by computer or telephone, and (3) need to work to supplement retirement benefits.

A few years ago, this was practically impossible. But today — with some much communications technology and ability — people are redefining their work lives.

Crossword Puzzle

Solution on
Page 6



Visitacion Valley Business Directory

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-9300.

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2586 Bayshore Blvd., 239-5239
BROTHERS AUTO BODY, 2520 Bayshore Blvd.
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
TIV AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
THE SHOP (JB), 160A Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
CONNIE'S HAIR, 2436 Bayshore Blvd., 586-8288
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
NAILS BY JENNY, 50 Leland Ave., 333-6800
SHERRY BEAUTY SALON, 60 Leland Ave., 337-9081
WHO'S BAD?, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506
BOARDING HOUSE
ABLES CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave.
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 468-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-6500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895

ELECTRICAL
TATE ELECTRIC (Joe Tate), 467-4657

FLOORS
TEDDY B'S HARDWOOD FLOORS, 309-6342

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145

GARDEN ORNAMENTS
SILVESTR GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5890

GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745

E-Z STOP MARKET, 2203 Geneva Ave., 585-9240

FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300

LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520

LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878

PICCOLO PETE, 2155 Bayshore Blvd., 468-6800

7-11, 2200 Bayshore Blvd., 468-8646

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

SUPER FAIR MARKET, 201 Leland Ave., 239-6856

TEDDY'S MARKET, 298 Teddy Ave.

HERBS
SAN ON HERBS, 33-A Leland Ave., 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276

ROBERT LEHMAN, CLTC (Blue Cross), 333-0850

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730

LANDSCAPING
SAN FRANCISCO LANDSCAPES, 256 Talbert St., 585-9137, sflandscapes.com

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.

FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412

VALLEY LAUNDRY, 90 Leland Ave.

VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659

HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Ray St., 586-8700

JOHN KING CHILO ANO FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375

VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancement Specialist), 467-7608

SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045

VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.

VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave.

VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400

VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027

VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS (VVBOOM), 91 Leland Ave., 585-2338

TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

How to Get Through The Financial Crisis

With many modern families, balancing the bank account is one of those activities that sit on the corner table, like the elephant in the room that everyone tries to ignore.

It gets even harder for families who know they make less money than they owe in bills at the end of every month, but ignoring the bankbook or the spreadsheet won't make the bills go away. If more families thought of their household as a business, with revenue and payables instead of paychecks and bills, they might be able to use basic business principles to bring their personal finances issues into focus and even solve them forever.

That's what Kim Snider, CEO of Snider Advisors (which manages approximately 500 million dollars) and author of the new book *How to Be the Family CFO: 4 Simple Steps to Put Your Financial House in Order* (www.kimsnider.com), advises for Americans struggling to get out from under the yoke of the ongoing national financial crunch. Her concept is to turn heads of households into their family's Chief Financial Officer, instilling the same principles of fiscal responsibility and management in regular folks.

Her advice delivers the heart of basic financial literacy through easy to follow steps:

***Plan Prudently** - Whether you do your bills online or the old fashioned way, every family can easily see what they owe in bills every month. Gather the paperwork into one stack, or create a computer file that details all your regular monthly expenditures. Combine it with your pay stubs and records of any other income. Now, you have a clear picture of your revenue and your payables. Moreover, you also have due dates for those bills, so you can match your cash flow (when you get paid) with when certain bills are due. Now, simply plan out what you're going to pay and when you'll pay it. Most

companies mirror this procedure once a week, cutting checks on Fridays. You may not need to do it as often, but if you review your expenses once a week, you'll always know where your money is and where it's going.

***Save Prodigiously** - Saving money, to most families, is one of those things that always gets delayed for next paycheck. But saving is more than just trying to create a stockpile of cash for the proverbial rainy day - it's about weathering the minor drizzles that come along every month. Unexpected car repairs, medical bills, home repairs, clothes for kids who can't seem to STOP growing - these are all examples of flies in the budget ointment. If you can put away even \$10 per week, it can help stem the impact of having your car's alternator go belly up the same week you're buying holiday gifts.

***Invest Wisely** - Take true advantage of your employer-sponsored retirement plans and 401K plans by allowing them to deduct the maximum amount from your paychecks. In many cases, employers match that money, so it's tantamount to saving twice the amount for retirement. Plus, the more you save up front, the more you'll benefit from the magic of compounded interest. The few dollars in cash flow you sacrifice now (which won't hurt as bad as you think, because it's PRE-TAX dollars) will be well worth it when you see your retirement balance grow later.

***Manage Risk** - Your biggest risk isn't what you might think it is - it's not about the financial markets or even your house burning down. Rather, the biggest risk for most people is the loss of your regular income. The vast majority of families who are in trouble today aren't in crisis because of natural disaster or catastrophic illness, but rather, because someone in the household lost a job. You can hedge that risk by keeping your job skills current and competitive, and taking on a disability insurance policy.

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

After School Program Parent Meeting & Workshop

Wednesday, March 11, 5:30 p.m. at 50 Raymond Ave.

Summer Resource Fair

Hundreds of summer camps and programs, info on youth jobs, and health resources!

Saturday, March 1, 10 a.m. - 3 p.m.

Concourse Center, 635 8th St.

Whole Family Literacy

Wednesday, March 25, 5:30 - 7 p.m.

"Early Writing" at 325 Leland Ave.

First Series Hands on Literacy Parent/Child Interactive Group

"More, Less and the Same"
Thursday, March 12, 4:30 - 6:30 p.m.

Family Field Trip

Saturday, March 28, 10:30 a.m. - 1 p.m.
55 Music Concourse Dr.
Golden Gate Park,
Space Limited to 15 Families
Call (415) 586-6998 to reserve space.

Every Wednesday

March 4, 11, 18 and 25
6 - 8 p.m.

Men's Classes Facilitated by Before The After FREE Refreshments

Free Food Distribution

Every Monday,

3 - 4 p.m.

March 2, 9, 16 and 23

Emergency food box available anytime.

Call (415) 586-6998,

Monday-Friday,

9 a.m.-5 p.m.

March 2009 Activities

held at 161 Leland Avenue except where noted

Enhanced Information and Referral

Every Monday Through Friday

March 1 to 31, 9:30 a.m. - 4:30 p.m.

Parents Support Group

Thursday, March 19, 4:30 to 6:30 p.m.

"Be the Change Consulting"

Featuring Guest Speaker Sangita Kumar

Male Involvement Group

Saturday, March 14, 10:30 a.m. - 12 noon

Parent Education Workshop

Thursday, March 26, 4 to 6 p.m.

"Less Toxic" with David Ho of the DPH

Family and Community Services Center staff:
Meriam Abalos, Marichelle Punzalan,
Jenny Sosa and Jack Kwong



161 Leland Avenue, San Francisco, CA 94134

Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_yvec@shbglobal.net



I have been studying
Visitacion Valley
for a long Time.



Cathy Kline Saunders
415.731.5011 x 163

For All Your Real Estate Needs, Call

Cathy Kline Saunders **Z**
415.731.5011 x 163

ZEPHYR
REAL ESTATE